

Discipline with Love: Teaching Positive Behaviour



Highlights

Teach your child appropriate behaviour through love, firmness, and being a good role model

Set clear rules, create a routine, ensure enough sleep, and limit screen time

Respond to difficult behaviour by withholding attention, reminding your child of the rules, and using immediate consequences

Use 'time in' to help your child calm down, and 'time out' to allow them some time alone to reflect

Physical punishment is harmful and ineffective

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What Is Discipline?

Discipline involves guiding your child to learn self-control and appropriate behaviour.

It means encouraging good behaviour and fostering a strong, secure relationship so your child learns to make good choices.

Teaching Good Behaviour

Use a positive, loving, and firm approach.

Be consistent in your responses to difficult behaviour.

Set a good example in manners and problem-solving.

Understanding Misbehaviour

Young children are learning self-control and often struggle with strong emotions.

Misbehaviour may occur when they are tired, hungry, unwell, spending too much time on a screen, or experiencing big changes.

Preventing Difficult Behaviour

Set clear, simple rules.

Create a predictable daily routine.

Ensure enough sleep and limit screen time.

Strategies for Handling Misbehaviour

Withhold attention for bad behaviour and provide attention for good behaviour.

Use immediate, relevant consequences for misbehaviour.

Consider 'time out' or 'time in' based on your child's age and needs.

Help your child understand their feelings and remind them of expected behaviour.

Avoid public humiliation; address misbehaviour privately.

Staying Calm When Things Get Tough

Stay calm when addressing misbehaviour.

If you feel anger building, remove yourself briefly to regain composure.

If you feel you may harm your child, seek immediate help.

Why Smacking Is Harmful

Physical punishment, like smacking, is harmful and teaches violence as a solution.

It can damage your relationship with your child and may lead to long-term emotional issues.

Tools And Assistance

Seek advice on dealing with challenging behaviour from reputable sources.

If you're struggling, consult with your doctor or a child health expert.