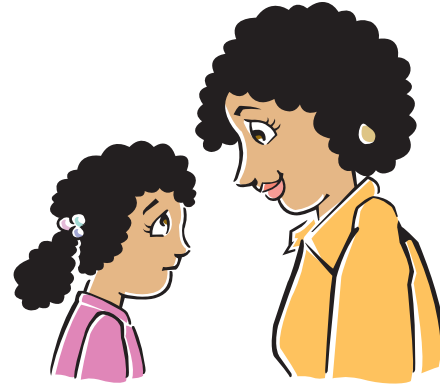


Use a Positive Approach To Your Discipline



You have to say “no” to your child sometimes. But your word choice can improve the way your child reacts to discipline. Keep these tips in mind:

- **Be understanding.** If your child is not ready to leave a friend’s house, begin with, “It’s great that you’re having so much fun”
- **Consider alternatives.** If there is a possible compromise, offer it. “How about if we invite Maria over after school tomorrow?”
- **Discipline consistently.** Don’t give in to your child’s whining or demands. You want her to learn that *no* means *no*.
- **Show respect.** Tell your child that you believe she’ll do the right thing. “I know you understand why we had to go home. Next time, I’m sure you’ll leave right away.”



- **Keep it simple and specific.** Vague instructions can discourage good behavior. Instead of saying, “Stop overreacting,” say, “Thank Maria and her mom for inviting you over to play. Then get in the car so we can leave.”

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