



FRAMINGHAM PEDIATRICS

Discipline

Parents and other caretakers need to teach all children how to get along with other people and how to avoid harm. Teaching children the rules of behavior that allow them to live a fulfilling life is known as “discipline.” Often discipline is thought of as punishment, but true discipline focuses on teaching and involves many things beyond punishment.

Discipline can be a tough thing for both parents and kids. Below are some tips for successful discipline that have been suggested by parents and other experts in child development.

1. Begin to set the rules after the child is 6 months old. Be explicit about the rules, indicating what is acceptable and unacceptable. Rules need to be fair and attainable for the child and must be applied consistently. Finally, concentrate on two or three rules at a time, picking issues that are particularly important at the time.
2. When you need to use discipline, consider the following tips:
 - Punishments don't work as well as rewards.
 - Discipline must be applied consistently for it to make sense to the child.
 - Time-out is the most effective discipline technique for children 2 years to 6 years old. (see separate hand-out on time-out)
 - Time-in is a great way to positively reward kids for good behavior. Set aside 10-15 minutes a day for special time and activity with your child.
 - To prevent misbehavior, you may need to structure your home environment to protect your child, and you may need to distract your child at times.
 - “Don't sweat the small stuff.” Ignore misbehaviors that aren't so important and pick your battles carefully.
3. The best way to teach and protect your kids is to set a good example for them!

call time 8:30 – 9:00 am

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