

Some Tips for Parents for Non-Violent Discipline

- Make all rules or expectations clear. Keep reminding children of them – “We don’t do that because...”, “I don’t like you to do that because...” and so forth.
- Have only those rules that are important – and let the child know why they are important.
- Have only those rules that you are sure the child is old enough to be able to follow.
- Have as few rules as possible. You and the child will be miserable if everything is “no”.
- Don’t get a child’s back against the wall and wind up forcing him/her to lie. That just builds up anger – yours and hers/his.
- When you’ve decided a rule is reasonable and the child is able to follow it, be consistent.
- Offer a child other ways to use his energy if she/he’s doing something you don’t like. For instance, if a two year old picks up a china vase, offer her/him a toy instead.
- Remember that you are the child’s model for good behavior. If you’re trying to teach her/him to be polite, be polite to her/him. If you want to teach her/him to be honest, be honest with her/him.
- Remember to praise good behavior. We adults are so apt to expect a child to be good and then just talk about the bad things done. We all need attention. Better to give it for positive rather than negative behavior.
- Don’t bribe a child with rewards (like candy) for good behavior. This just confuses things. Your goal is to teach her/him how to behave – not make her/him want treats. His/her goal should be to keep your approval and love – not to get treats.
- Speak calmly to children. They count on our self control.
- Give directions positively:
Positive: “Please put the glass down so it won’t get broken.”
Negative: “Don’t break the glass.”
- Protect each child’s rights. When something is theirs, don’t let someone else take it. When it’s their turn to do something, see that she/he gets her/his turn.
- Never shame a child. If she/he has to be sent away from others, do it gently and let her/him know that you want her/him back as soon as she/he can pull her/himself together.

Excerpted from the Family Daycare Mother’s Manual

