



DISCIPLINING YOUR CHILD

Find out as much as you can about your child's development, temperament, and, as they get older, their learning style. The more you understand about these three areas, the easier it will be for you to communicate with your child in order to teach him or her the life skills they will need once they become adults.

TOP TEN PARENTING TIPS:

- Teach age-appropriately. *Know what your child is capable of understanding.*
- Have realistic expectations. Your children are not miniature adults. *They do not have the same experience base that you do. They cannot possibly understand anything at the same level you do.*
- Turn “no” into “yes,” when possible. *“Yes, you can go with your friends as soon as you finish cleaning your room.”*
- Treat your children the way you want them to treat you. *If you want your children to say please and thank you, then you say please and thank you to them.*
- Model behaviors you want to see in your children. *If you scream, yell and throw things, they probably will too.*
- Take advantage of teachable moments. *Ask yourself, what can your child learn from this experience?*
- Use open-ended questions to encourage ongoing communication. *Questions cannot be answered with yes or no answers and start with who, what, where, how – avoid why.*
- Teach your children anger management and problem-solving skills by modeling.
- Give your children opportunities to resolve their own problems. Don't be too quick to jump in and solve their problems for them.
- Teach your child to cope. *Allow your children to suffer the consequences of life's little disappointments in order to prepare them to cope with life's larger losses. Avoid rescuing!*

Parents make mistakes. When children know they are loved unconditionally, and that their effort to make contributions to the family is appreciated, recovery from mistakes is minimal. Keep in mind, everyone does better when they feel better, especially children!

What your children see is what you will get! Be a good role model.