

Guides to Discipline

The goal of discipline is to teach self-control. Practicing self-control must be done consistently in order for young children to understand acceptable behavior. It is important to treat every child with respect and maintain each child's integrity. The various methods listed below usually are effective when guiding children's behavior.

Positive Reinforcement: When a child is showing acceptable behavior let the child know that such behavior is acceptable and give positive attention and feedback.

Redirection: Redirection is a technique that we use to give children alternatives to unacceptable behavior. It is most effective when used consistently and in a manner which includes the child in the decision making process. For example, "What else can you do with the ball instead of throwing it indoors?"

Removal From Situation: We use this technique in conjunction with positive reinforcement and redirection. The child is removed from the activity or area they are participating in when all other techniques have been exhausted. We will remain with the child to help them problem solve more acceptable and positive forms of behavior.

The following principles are for use as a guide that will help children learn to achieve self-control.

1. Be consistent in interactions with children.
2. Reinforce positive behavior first, and foremost.
3. Children need opportunities to learn to be responsible for the consequences of their actions. Involve them in the problem solving process.
4. Positive redirection is very effective. Use it daily.
5. Use direct eye contact. Get down at the child's level when communicating with them.
6. Use words and a tone of voice that respects the child and maintains his/her integrity.