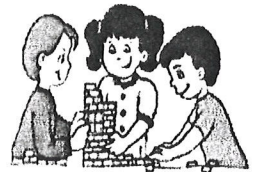


## RECOMMENDATIONS FOR EFFECTIVELY DISCIPLINING OUR CHILDREN



- Take the developmental age of our children into consideration when we talk to them about how to behave.
- Establish rules and limits and communicate them clearly to our children.
- Do not repeat instructions we have already given our children. Instead, follow through with the established consequences when rules are broken.
- Model the attitudes and behaviors we want our children to imitate and learn.
- Reward good behavior, but avoid getting them used to receiving money, sweets, or presents as compensation.
- Keep in mind that children need attention. If they feel they don't receive it when they behave well, then they will attempt to get it by misbehaving.
- Do not put too much emphasis on bad behavior, but never accept that which is destructive or dangerous.
- Avoid being too severe when we scold our children, but make an effort to be consistent and follow through on what we promise.
- When our children misbehave, we should not insult them. Verbal abuse can cause more harm than hitting them.
- Parents don't always have to agree on how to discipline the children. However, we should support each other when we talk to them.
- Respect our children so that they learn to respect themselves and others.

*Adapted from Rod Rodriguez - San Diego County Mental Health Department*