

Discipline with Hearts and Smarts



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Discipline with Hearts and Smarts

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Your 1 Year Old

Are curious and impulsive

Learn from the facial expressions of their parents and caregivers

Can make lots of sounds

Have a very strong urge to walk

Have a hard time controlling their hands

Like to practice with cause and effect

Discipline strategies that work with ones

Provide constant supervision

Childproof the house

Divert their attention

Model accepted behavior

Offer simple and brief explanations

Plan ahead



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Your 2 Year Old

Likes routines
Can be easily frustrated
Loves to walk, run and climb
Tests limits
Is learning to share
Tries to be independent
Lacks impulse control

Discipline strategies

Offer very limited choices
Give alternatives for undesirable behavior
Use the good times to work on skills
Crying is okay (the child)
Plan ahead
Demonstrate solutions- provide language, take turns
Parental time out



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Your Three Year Old

Whining is common

Empathy begins

Enjoy the company of their peers

Wants to please others

Learning to regulate emotions but may be moody

Discipline Strategies

Continue with all other strategies

Use consistent rules and guidance

Have child apologize- moral development begins

Use humor and your imagination

Have realistic expectations- 3s are still very impulsive

Offer limited choices

Use immediate and related consequences



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Your Four Year Old

Develops strong friendships

Likes to ask "why?"

Can share and take turns

Enjoys pretend play and may make up stories about scary things

Likes to brag

Uses "bathroom" talk

Discipline Strategies

Catch them being good

Choose your battles- ignore harmless actions.

Teach problem solving

Remind them of expectations ahead of time and remind them of consequences

Look for teachable moments

use humor

Provide opportunities to fix mistakes.



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Your Five year Old

Enjoys sharing with friends

Will ask for help

Likes to please teachers and parents

Finds it difficult to admit they are wrong

Still not sure what's real and what's imaginary

Likes to know that parents and caregivers are safe

Likes chores

Workman Publishing NY, NY

Sear, William The Discipline Book
Little, Brown and Co. NY, NY

Turecki, Stanley The Difficult Child
Bantam Books NY, NY



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Tools for Families

!. Use family meetings to address concerns.

2. Give children developmentally appropriate chores and responsibilities.
3. Say what you mean.
4. Have some important, non negotiable, clear and concise rules.
5. Be silly together- play family games.
6. Say yes at least as often as you say no.