

Learning Self-Management and Self-Discipline

Discipline is to teach—not Punish!

The goal of discipline is to establish the framework for what will become self-management and self-discipline.

What we do should fit their growing bodies and brains!

On the back of this page there is a chart of different kinds of things parents and caregivers do to help children learn how to grow up healthy and make good decisions for themselves and others. These are the strategies used by parents who are balancing both warmth and control as they lead their families. They encourage children to:

- Think about their choices.
- Manage their emotions.
- Respect others.
- Respect themselves.

Toddler	Preschooler	Elementary Age	Adolescents
<ul style="list-style-type: none"> ♦Redirection ♦Environmental Management 	<ul style="list-style-type: none"> ♦Teach the rules ♦Time-In—Co-regulation ♦Time Out—behavior-training ♦Engage problem solving ♦Teach Social Reading Skills ♦Use Imagination & Play ♦Point out choices ♦Live your values 	<ul style="list-style-type: none"> ♦Encourage Skill building ♦Engage problem solving ♦Time In—person responsibility ♦Time Out—self reflection ♦Logical & Natural Consequences ♦Point out choices ♦Follow up/Follow Through ♦Teach Your Values ♦Collaborate with other leaders; parents/teachers/coaches 	<ul style="list-style-type: none"> ♦Engage problem solving ♦Follow-up/Follow Through ♦Time In/Time Out ♦Logical & natural consequences (of their choices) ♦Collaborate with other leaders: parents/teachers/coaches ♦Confront when values are challenged



• PUBLISHER OF TOOLS FOR THE TODDLER YEARS by Yvonne Gustafson and Kendra Hovey
 • TOOLS FOR THE PRESCHOOL YEARS

Babies

No discipline or punishment!

Your regular care builds attachment

*Your steady care allows your child to learn to love

Your regular care helps them learn

*Your child's brain is taking in new information every second. Regular care helps them find patterns & sort all the new information.
*Regular care keeps the brain stress chemicals low enough to make learning easier both now and in the future.

Your steady care lets a child learn to trust

*Your child learns to trust you and that you will keep them safe

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Toddlers

Redirection

*Help them find things that are safe and fun

Environmental Management

*These are the gates, cabinet locks, padding on rough edges that allow the child to explore without getting hurt.

Give 2 Yeses for every No

*When something is unsafe offer the child 2 other things to do or play with

Preschooler

Teach the rules

*Respond as though the child doesn't know or remember the rule.
*Ask the child to tell you "what's our rule about__?"

Time In

*To help child co-regulate

To help child learn to "make it better"

Time Out

*Behavior training that connect cause and effect

Teach Social "Reading Skills"

*What does his face tell you?

See his tears. He's saying that's not fun.

Use Imagination & Play

*That sleeve is so sad it can't play today. Your strong arm is its helper.

Engage problem solving

*Use questions like:

Where can you play so you don't bump your baby sister?

Point out choices

*Running in the library isn't safe. Will you walk or should we leave now?

Watch what your behavior is teaching them

Elementary Age

Encourage their social and life skills

*Basic chores

*Friend relationships

Time In

*To work with other to improve the immediate situation

Time Out

*To provide time for the child to think about event and plan to do better

Point out choices

*To make children aware that they have power to regulate themselves

Logical & Natural Consequences

*These help children learn that there are costs and rewards related to their choices.

Follow up/follow through

*Keep your word

*Insist they keep theirs

Collaborate with other

leaders: *parent, teacher, coaches

Teach what you think is important

*Talk about those things you think will help guide them as they grow—personal honor, sexuality, money, faith...

Adolescents

All of the other guidance strategies still are important.

*Regular interaction & care

*Redirection and yeses to other options

*Environmental management like chaperons, locks on liquor cabinets, etc.

*Teaching rules if they haven't developed them yet

*Time In

* Time Out

*Honoring other's feelings

*Positive humor (no sarcasm or put-downs)

*Support their problem solving & choices

*Follow up/follow through

*Collaboration with others

Keep talking about what you think is important and watch your own behavior toward them and others.