

# Positive Discipline

**Discipline** *should help your child learn how to control their own behavior.*

Help your child learn self-control by:

- Helping them feel good about themselves.
- Showing them how a person with self-control acts.
- Guiding them.
- Setting limits.
- Correcting misbehavior by talking to them.
- Teaching them how to think for themselves.

Children should...

- Be treated with respect
- Be allowed to have some control

...then **they will respect you and listen to you.**

Every time you correct your child you should:

- Say 2 nice **but true** things

**Routines** help children feel safe, because they know what parents expect. Set routines for:

- bedtimes
- meals
- chores

**\*\*Spanking does not teach children how to change what they do, as good discipline should.**

## Resources

<http://www.austinchildguidance.org/for-parents/parenting-articles-tips/disciplining-children-without-spanking/>