

Effective Discipline Strategies

Attention, Praise and Rewards.

Effective discipline starts with noticing the positives. The more attention, praise and rewards your child receives for positive behaviors, the more likely they will be to continue those behaviors.

Attention

- Showing interest in and talking with your children are critical parts of both a loving relationship and an effective discipline plan.
- When you spend time with your children, you have many opportunities to model the behaviors you want your child to display.
- Make a point of paying attention to your child when they are doing what you want and expect of them you get more of what you pay attention to!

Praise

- Praise is a special type of attention, reserved for when your child does something “right” or makes an effort to do something better.
- To be effective, praise must be immediate and specific. Global praise (“you’re such a good boy”) does little to tell the child what they have done to deserve the praise. Likewise, praising a child for every little thing they do will not help them learn to realistically evaluate their own behavior or skills.
- When you praise specific behavior (“thank you for picking up your toys”), your child learns what they are supposed to do and can make better choices about future behavior.
- Try to make at least 5 positive or “positive attention” comments to your child for every 1 negative or corrective comment.

Rewards

- Rewards are anything that is meaningful to or valued by your child.
- Observe your child. How do they spend their time? What do they like to do? These are the things you can best use as rewards for positive behaviors and following the rules.
- Rewards send a clear message about the behaviors you value and want your child to exhibit.
- Your time and attention are the most powerful rewards you can use with your child.