



THE DISCIPLINE PROCESS

Discipline is just as much about our positive, proactive teaching—training our kids to say “thank you”, teaching them about honesty, showing them how to cook, modelling a kind gesture—as it is about managing tantrums and time-outs. Here is a suggested process of discipline with a practical example, to help you see how you could adapt it to your own circumstances.

SET A GOAL WHICH IS REALISTIC FOR YOUR CHILD'S AGE.

My three-year-old will take turns playing with the toys with the other children at playgroup.

MODEL THE BEHAVIOUR.

Let your child have a turn of something you are doing.

TEACH WHY THE BEHAVIOUR IS IMPORTANT.

“We take turns because we care about our friends.”

PRACTISE THE BEHAVIOUR WITH YOUR CHILD.

Play a turn-taking game at home.

SET CLEAR EXPECTATIONS AHEAD OF TIME.

“When we get to playgroup, I would like you to take turns playing with the toys.”

EXPLAIN THE CONSEQUENCES OF MEETING OR FALLING SHORT OF THE EXPECTATION.

“If you take turns, the other children will know what a good friend you are. If you don't take turns, you will have to sit on mummy's lap for three minutes.”

CONSISTENTLY FOLLOW THROUGH WITH CONSEQUENCES.

ENCOURAGE THE CHILD FOR GOOD BEHAVIOUR.

“When I saw you taking turns, I was so proud! You will make a great friend.”

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