

**BELLINGHAM TECHNICAL COLLEGE
BABY 'N ME**

DISCIPLINE-DEFINED AS GUIDANCE

Some Principles of Discipline

Many parents say discipline is their biggest problem. Here are some principles to help you cut that problem down to a more comfortable size.

Discipline = Teaching/-----Independent
 Guidance Self Control

1. Review and understand how a child develops. Don't expect behavior that is beyond your child's capabilities. Normal children are not adults. No child should ever be punished for acting like a child. According to child psychologist Hugh Dodson, most parents probably set excessively mature standards of behavior.

2. Consciously build a warm relationship with your child. You build love and trust during happy times spent enjoying each other's company. Winning your student (child) is vitally important if you are to be a successful teacher. It will also help avoid the unhappy dangers of bitterness and rebellion during adolescence.

3. Set reasonable limits, based on your child's individual capabilities. Keep them gently, but firmly. Be firm about actions, not about feelings. A child cannot control inner feelings of anger and frustration, but he or she can learn to control the aggressive acts that result from these feelings. To maintain a positive parent/child relationship, the child must realize his or her feelings are understood even though the act cannot be allowed.

Some misbehaviors are dangerous or destructive and must be stopped. How can this be done within the positive approach to discipline? We suggest a sub-principle: Be firm about limiting dangerous and destructive behavior even if this mean physically restraining or removing the child. In other words, don't let the child misbehave. Instead of punishing misbehavior, stop misbehavior.

4. Reward desired behavior so the child will want to repeat the act.

5. Ignore undesired behavior (slowness, arguing, thoughtlessness, bad language, etc.)
Stop dangerous behavior.

6. Reward your child for progress every step of the way.
7. At first, reward all desirable behavior. Later, as learning progresses, reward more occasionally. Good behavior will become a hard-to-break habit if your child is rewarded unexpectedly once in awhile.
8. Give your child freedom to explore his or her environment and assume self-control of feeding, dressing, etc., as he or she becomes capable of even greater independence.
9. Avoid situations in real life, on television, or in stories where people are rewarded for misbehavior. Children tend to imitate behavior they see rewarded.
10. Learn these principles and practice them. Learn also, and be sure you understand:

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Resource.....Discipline – Defined as Guidance-Cooperative Extension, WSU