

## Tip Sheets

### Ten Guidelines for Effective Discipline of Children

Although often used synonymously, there is a significant difference between discipline and punishment. Punishment deals with misbehavior through the use of yelling, threatening, taking away favorite things, time-out, logical consequences and physical punishment such as spanking. Punishment can lead to embarrassment, anger, fearfulness, anxiety and alienation from the caregiver.

Discipline is helping a child to develop self-control by teaching, guiding and explaining what was not appropriate with the child's behavior and providing the child with what he could do instead.

#### Reasons to Focus on Positive Discipline

- **Building Connection is Essential**  
Put energy into connecting with children because connection helps children to learn self-respect.
- **Respect is Foundational**  
A relationship of trust shows children that you believe in them and enables them to begin to believe in themselves.
- **Children Repeat the Behaviors that Work**  
Children repeat the behaviors that work and eliminate the behaviors that don't work. Provide children with attention for positive behavior.

- **Our Goal is to Empower Children**  
Teach children that they have the power to make good choices.

#### Ten Guidelines for Effective Discipline

1. **The goal of discipline is to teach children acceptable behavior.**  
Whenever possible, teach children what you want to see rather than punishing them.
2. **View children's misbehavior as a mistake in judgment.**  
It will be easier to think of ways to teach more acceptable behavior.
3. **Never hit or shake infants.**  
They do not know right and wrong. They do not misbehave on purpose. They need love and protection, not punishment.
4. **Create a safe environment for children.**  
Baby-proof the house. Distract or remove infants and toddlers when they are doing something they shouldn't be doing.
5. **Provide order and consistency.**  
Whenever possible have regular times for meals, studying and bedtime.
6. **Give toddlers and preschoolers age-appropriate choices and consequences.**

7. Establish family rules that are appropriate for children's ages.  
Keep them few in number with clear and reasonable consequences for not obeying.
8. Develop a trusting relationship with children by protecting them from harm, by being honest and trustworthy, and by exhibiting predictable and mature behavior.
9. Children need to hear more good things about themselves than bad things.  
Offer praise for appropriate behavior.  
Praise will increase that behavior.
10. Adopt a "no-hitting" attitude.  
No one has a right to hit anyone else in the household—including hitting children for misbehavior.

### What is SpankOut Day USA?

SpankOut Day USA was initiated in 1998 to give widespread attention to the need to end corporal punishment of children and to promote non-violent ways of teaching children appropriate behavior. Non-violent discipline helps children become caring, responsible and self-disciplined adults.

The Center for Effective Discipline sponsors SpankOut Day USA on April 30 of each year. All parents, guardians and caregivers are encouraged to refrain from hitting children on this day, and to seek alternative methods of discipline through programs available in community agencies, churches and schools.

### Additional Resources

Center for Effective Discipline

<http://www.gundersenhealth.org/ncptc/center-for-effective-discipline>

Positive Discipline

<http://www.positivediscipline.com/>

Technical Assistance Center on Social

Emotional Intervention for Young Children

<http://challengingbehavior.fmhi.usf.edu/>

Center for Early Education and Development:  
Early Childhood Behavior Tip Sheets

<http://www.cehd.umn.edu/CEED/publications/tipsheets/default.html>

For grant purposes please follow the link below to complete a brief survey:

<https://www.surveymonkey.com/r/7HBFQ7D>

For more information visit

[www.inclusivechildcare.org](http://www.inclusivechildcare.org).

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[www.inclusivechildcare.org](http://www.inclusivechildcare.org)