

Guidelines for Effective Discipline

In Advance

1. Be sure the child knows what consequences will occur before using a technique.
2. Be sure that the consequences are reasonable -- Unreasonable consequences are not effective (If you take a child's favorite toy away for a month, the child forgets about it after a day or two and the consequence loses its meaning).
3. Be sure the consequences relate to the behavior and have meaning.
4. Be sure you are specific when you inform the child of any consequences
 - State child's name, "if you..., then you..."
 - State child's name, "you have lost...because you..."
 - If child continues after losing privilege/item the first time, child may be told about loss of a second privilege/item.

During the Technique

1. Stay **calm** when disciplining your child.
2. Pick an **appropriate discipline** for the child's misbehavior
3. **Warn** the child in advance
4. Discipline **immediately**
5. **Label** the behavior being punished (so your child knows what he/she is being disciplined for).
6. Discipline **each time** the behavior occurs.