

Discipline Skills to Master



Know the next step



Give good instructions



Praise minding



Stick to the guidelines



Be confident



Calm voice



Carry/hold/move safely



Use the same words



Use gestures



Ignore while in time-out

Adapted From: *Parent-Child Interaction Therapy* by Hembree-Kigin, T. & Bodiford McNeil, C., 1995.

CBT+