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



## A PARENTS GUIDE DISCIPLINE

### Schneider Children's Hospital and Kohl's Cares for Kids



Working together to  
make a difference for  
the kids in our  
communities.



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*Setting New Standards In Children's Healthcare*  
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## Discipline is ...

One of the most important jobs as a parent is to educate and teach your child appropriate rules of behavior. You frequently need to point out right from wrong and the correct way to behave. This training and encouraging is what we mean by discipline. Discipline is vital for growing children, helping them to feel safe and to grow into secure adults who can make decisions and act appropriately. And since children often mimic adults, parents and family members serve as role models for acceptable behavior. In essence, you are the teacher of like and your child, the eager student. Discipline is a way to guide your child away from danger and toward healthy, socially acceptable conduct.

## How to Discipline ...

Some parents find it confusing to distinguish discipline from punishment. They may even believe that discipline and punishment are one and the same, but they are not!

Discipline involves setting a good example and providing your child with consistent, reasonable limits that actually help them to feel safe and good about themselves, not fearful and controlled. Sometimes a parent may need to "punish" a child for misbehaving. Every child should understand that certain misbehavior can result in negative consequences. But this does not have to be punitive and demeaning.

For example, if your child hits a playmate, a "time out" away from play may be warranted. This will allow your child time to calm down and regain control of appropriate behavior. Sometimes removing privileges for a brief period may be all the incentive a child needs to act appropriately in the future. Physical punishment or name calling are never effective forms of discipline. They only serve to communicate anger and rejection rather than the love and guidance parents want to offer their children.

When your child does break the rules, these "building blocks" to positive discipline can serve as guidelines:

- ◆ Express your love, even while disciplining your child (I'm angry at what you've done, but I love you.)
- ◆ Be predictable and consistent. Don't say anything you are not prepared to follow through with.
- ◆ Communicate clearly your expectations and negative consequences of misbehavior.
- ◆ Understand and be patient with problem behavior.
- ◆ Catch and compliment children when they are "being good".
- ◆ Create a safe environment.
- ◆ Set realistic limits.
- ◆ Diffuse possible explosions.
- ◆ Try to teach problem solving skills.
- ◆ Don't overreact.
- ◆ Seek professional help when needed.

Above all, be patient with your child.

It is often frustrating and sometimes difficult to control your own emotions and angry feelings, but definitely worth the time and effort.