

PARENTS CAN TEACH CHILDREN FROM BIRTH TO AGE 5 in a loving way that they are not the center of the universe and that there is a will stronger than their own worth listening to. This will establish the foundation for children to become self-disciplined.

Parents have found these strategies to be effective when disciplining a child from birth to age 5.

- Set routines so children get rest, eat at scheduled times, and have a balance between attention from adults and alone time.
- Attend to the child's basic needs even if you must interrupt your own activities.
- Refrain from arguing with a very young child.
- Use a calm but firm voice when correcting a child.
- Look at the child when talking and require the child to repeat back what was said.
- Place the child on a stair step or chair for a brief 1-3 minute time-out or simply hold and rock an out-of-control child.
- Reflect the seriousness of inappropriate behavior by having a sad or stern look on your face and a tone of voice that indicates displeasure.
- Repeat instructions over and over and over like a broken record, rather than change what the child is asked to do.
- Physically remove objects if they are harmful to the child.
- Tell children what they should do rather than what they should not do. ("Walk around the puddle," rather than "Don't walk in the water.")
- Use good listening skills.
- Avoid making idle threats or idle promises.
- Show the child HOW to do something rather than TELL them how to do it.

