



More productive discipline strategies

The school recommends [three steps](#) to effectively disciplining a child:

- Establish [a positive and supportive parent-child relationship](#) that gives the child a reason to demonstrate good behavior.
- Use positive reinforcement to encourage the child to behave.
- If necessary, use other disciplinary methods such as time outs or taking away a child's favorite privileges for a period of time.

Additional tips:

Be a role model. Make it a priority to remain calm, with the understanding that your child looks to you to be an example of how to behave.

Set rules and limits that can be enforced consistently among all caretakers. There should be no good guy/bad guy for a child with multiple caretakers. Make sure that rules are verbalized using age-appropriate language.

Constantly praise and celebrate good behaviors. Give attention to behaviors that you want your child to repeat. Show that you are observant and proud when she behaves well.

Similarly, know when not to respond. "Ignoring a bad behavior, for example if a child throws himself to the floor because he wasn't allowed to play on the iPad, is a good way to make that behavior decrease with time." We believe that "In this case, the child will learn that throwing a tantrum will not get him the iPad."

Learn from past experience. What triggers your child's misbehavior? If you can identify a trigger, are there ways to avoid it, or at least better prepare for it? Make sure your child knows what the consequences will be if she doesn't comply with your requests or misbehaves in a certain situation.

Redirect bad behavior. Turn "don't do that" into an action that your child [can](#) do. If she takes a toy from a playmate, for example, offer her another toy or activity until it's her turn.

Call a time out when a rule is broken. Remove the child from that situation for a pre-set amount of time, which can be one minute per year of age. Explain in a short phrase why you are doing it. Once the child get older, let him lead the time out by saying, "Go to time out and come back when you are calm and ready." This can teach the child to understand his emotions, actions and consequences.

"Talk with the school if those behaviors are common at your kid's age about what strategies to use.

"If needed, a pediatric psychologist as well as community resources can provide parenting classes for additional guidance or support.

Also there is a need to understand that "Children view their parents as role models. "Aggressive behavior will only generate more negative behaviors in a child". Therefore it is very much necessary to have a peaceful atmosphere at home.

Regards
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