



Positive Discipline for Toddlers and Preschoolers: 3 Step Solution

Empathize

- “I see it the way you do, I understand how you feel.”
- Reflect child’s emotions and bring words to feelings
- Maintain calm voice: firm, reassuring, kind
- Wait patiently as feelings begin to change

Reinforce

- I am here to keep you safe. I won’t let you (hit/kick/bite/run/flail etc.)
- Enforce limit- follow through
- Keep explanation short and sweet



Redirect

- NOT distraction- all feelings are welcome and allowed
- Depends on child’s emotion
- Sad/disappointed □ calming activity (glitter wand, sensory balloon, comfort object)
- Angry/frustrated □ pound playdough, stomping pad, punching pillow
- Practice mindfulness: smell flower, blow out candle
- Make a positive connection
- Cuddle, read, look out the window, attend to a chore

