



Basics of Positive Discipline for Children 2 to 12 Years Old

The Basic Ideas	How To
Give your child some positive attention every day.	Give your child one-on-one time. Spend at least 20 minutes with your child.
Speak to your child with respect.	Make requests. Try not to make demands and threats.
When possible, ignore misbehavior.	If you must respond, remain calm and boring. Act like a robot.
Use mild consequences, and only if really necessary.	Try not to punish your child.
Pick out one or two misbehaviors that you want to change.	Identify the opposites of those misbehaviors. Use <i>praise that works</i> whenever your child uses a misbehavior opposite.
Look for progress, not perfection.	Use <i>praise that works</i> when your child does even part of the misbehavior opposite.

