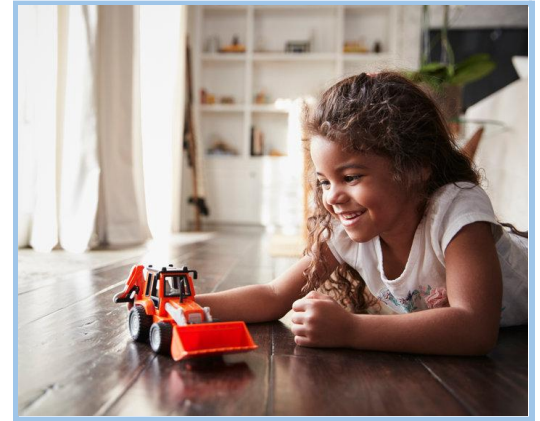




Positive Discipline Prevention Strategies

1. Pick your battles

- Ignore misbehavior whenever possible
 - Ask: is this harmful/really important to me? Or just annoying?
- Take child's perspective
 - Is this a reasonable expectation right now?
 - What are they trying to tell me?



2. Offer Authentic Choices

- State expectation directly
 - "It's time to take a bath." Vs "Do you want to take a bath?"
- Both choices should have your desired outcome
 - Are you going to walk or should I carry you?
 - Can you do it by yourself or do you need help?
 - Do you want to leave now or in 1 minute?
 - Will you wear your red shirt or blue shirt?

3. Be a Playful Parent

- Playfulness relaxes parts of the brain and strengthens parent-child connection
- Build in 20 minutes of uninterrupted play every day
- Playful parent behaviors help with transitions and cooperation
 - Rhymes and songs
 - Play the "fool"
 - Used stuffed animals/puppets

