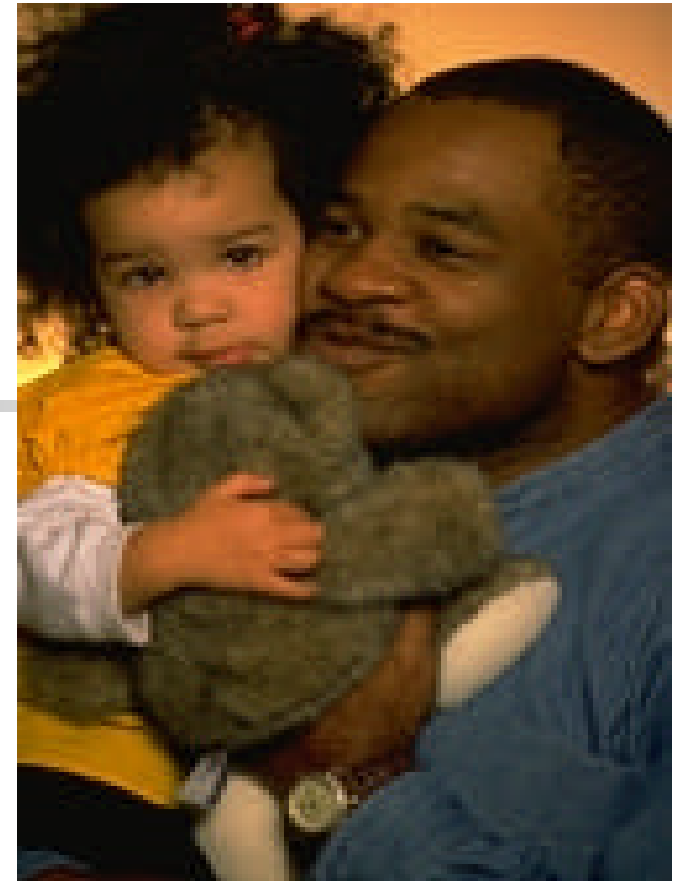


Appropriate Discipline for Children:

Infants, Toddlers and Preschoolers





Objectives

- To learn how developmental stages influence behavior.
- To learn what role temperament plays in behavior.
- To reflect on our personal experiences with discipline.
- To learn steps of effective limit setting in a child care setting.

Infants



- 0-3 months: No discipline
- 4-7 months: Distraction and redirection
- 8-12 months: Distraction and redirection with consistency and immediacy

Toddlers

- Independence: Choice
- Exploration: Modify the Environment
- Temper tantrums: Eliminate the audience
- Negativism: Choice



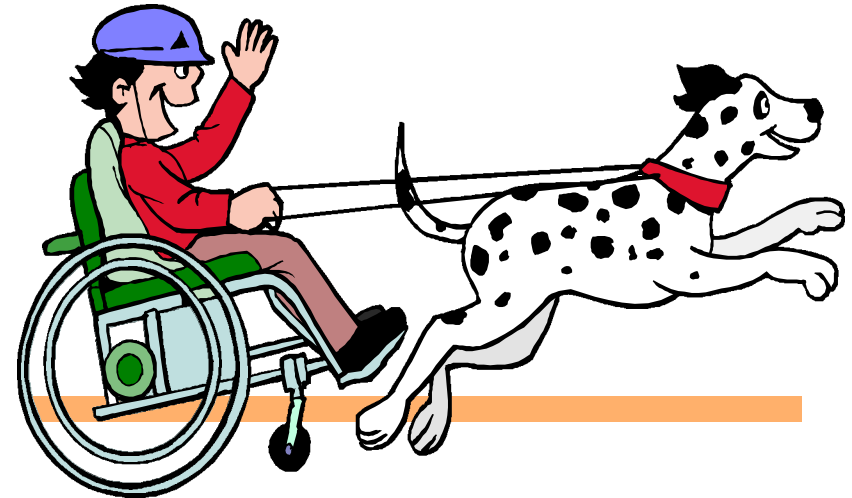
Preschoolers



- Literalism: Be careful what you say
- Be specific and follow through
- Have fair and consistent consequences
- Animism: Use puppets and humor
- Egocentrism: "How would you feel....?"

School Age (5-12)

- Communication
- Promote Independence and Problem Solving Skills
- Unconditional love and acceptance
- No rewards or punishments





Chaos to Calm in the Classroom:

- Communicate the positive
- Have appropriate environment
- Encourage participation
- Model
- Simple and fun
- Set limits
- Consistent consequences



Questions to ask yourself:

- Do I know what I want to say and do I take the time to say it?
- Do I say it every time I need to say it?
- Do I really let them talk and do I really listen?
- Do I take the time to explain and do I use examples?



Questions to ask yourself:

- Do I let them show me they understand?
- Do I let them know when “they have got it?”
- Do I take advantage of “teachable moments”?
- Do I allow “natural” consequences to happen?



Questions to ask yourself:

- Do I go over the classroom rules frequently?
- Do I use words to describe feelings?



Ideas for the classroom:

- Have children help set-up the rules.
- Review rules every week.
- Discuss consequences.
- Describe feelings.
- Role play or use puppets to tell stories.
- Practice positive reinforcement.
- Keep classroom relaxed and slow.



Punishment

- An unpleasant consequence for doing or not doing something.

Discipline

- A method of guiding children that helps them learn how to control their own behavior.



When to seek help:

- Prolonged adjustment to child care or problems separating from parents.
- Injured other children or adults.
- Destroyed property.
- Difficulty relating to other children or adults.
- Difficulty attending or focusing.



When to seek help:

- Signs of depression (withdraws, appears sad, self-abusive).
- Behavior is repeatedly a problem and usual discipline methods fail.
- Unusual family stresses: traumatic divorce, death, violence, substance abuse.



When to seek help:

- Caregiver or teacher often feels frustrated or ineffective in meeting the child's needs.