

Child Care Training and Resource Kit

Appropriate Discipline for Children

Lesson Plan

APPROPRIATE DISCIPLINE FOR CHILDREN LESSON PLAN

Course Length: 2 hours

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Objectives: Participants will:

- Learn how developmental stages influence behavior.
- Learn what role temperament plays in behavior.
- Reflect on their personal experiences with discipline.
- Learn steps for effective limit setting in the child care setting.
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How to use the Child Care Training and Resource Kits: Each lesson contains:

- **Lesson Plan** file, with the general directions for the lesson.
- **Overhead file** with the overhead materials. Those files on the CD are in color.
- **Teacher Notes** file which outlines the points of discussion for each overhead.
- **Handouts file** includes pages related to the overhead for those learners who like to take notes as well as other materials for the learner to take with them. Occasionally, some materials you must request yourself from the vendor. Instructions on how to get these materials are included in the lesson plan file. Some materials you must download from the Internet and the web address is included in the lesson plan file.
- **Teacher Enrichment** - In some cases the lesson developer may have included materials for teacher enrichment. Where possible, those materials are included here. If permission to print could not be obtained then the citation is included below for you to obtain.

Appropriate Discipline for Children

Overheads: See the Overhead file.

Teacher Notes: See the Teacher note file.

Teacher Enrichment: See both the Teacher Enrichment file and Child Guidance Techniques file.

Handouts:

- What Happens Now? - See Handout file.
- Feelings - See handout file.
- Preventing Some Behavior Problems - See Handout file.
- Developing Coping Skills - See Handout file.
- Transitions - See Handout file.
- Punishment vs. Discipline - See Handout file.
- When To Seek Help - See Handout file.
- Appropriate Discipline for Children Overhead Outline See Handout File

Teacher Enrichment:

- Questions To Ask In Evaluating Your Use Of Discipline Copyright. From “Engaging Young Learners: The Teacher's Role in Early Childhood Classrooms” by Constant Hine, published by Horizons in Learning, Seattle, WA
- Twenty Alternatives to Punishment Copyright. See Aware Parenting Site <http://www.awareparenting.com/twenty.htm>
- Strategies for Coping with Oppositional and Aggressive Children See Teacher Enrichment File.
- Application in the Classroom See Teacher Enrichment file.
- Temperament Characteristics Copyright. From “Without Spanking or Spoiling” Elizabeth Crary, Guidance Strategies, 206-367-6425
- Child Guidance Techniques See Appropriate Discipline Guidelines. File.
- Understanding Children: Disciplining Your Toddler download from the University of Iowa at <http://www.extension.iastate.edu/Publications/PM1529C.pdf>

Materials Needed:

- Overheads or power point presentation with teacher notes – See Overheads and Teacher Notes files.
- Flip chart and makers
- Scenarios – See Scenario file.

Activity: Welcome and Introductions:	Process: Welcome and Introductions: Have them introduce themselves to their neighbor and state one memory from their childhood of how they were disciplined.	Time: 15 minutes	Materials: Welcome and Introductions:
Interactive Lecture:	Interactive Lecture: Using overheads and teacher notes provided, go through course objectives, the developmental milestones and discipline techniques for each age group. Review the difference between discipline and punishment. Then move to Classroom techniques for discipline and when to seek help.	1 hour	Interactive Lecture: Appropriate audio-visual equipment, flip-chart, and markers.
Break:		10 minutes	
Scenarios:	Scenarios: Use scenarios and activities provided. Discussion with each one.	30 minutes	Scenarios: Scenarios and activities provided.
Evaluation:		5 minutes	Evaluation: form