



Discipline

Show respect for your children

Ask permission before going into your child's things.

Include them in decision making (colors for room, menu for dinner).

When you show respect for your child, you are modeling how you want them to interact with others.

Set clear expectations

Use clear, simple instructions when asking your child to do something.

Tell your child exactly what will happen if they do not follow those instructions.

Provide reasonable consequences

The consequences (what happens after your child does not follow instructions) should be **reasonable** and should occur immediately.

Make your child live with the **natural consequences** as a result of what they did (You weren't on time for

dinner, you eat whatever is left.)
Make the consequences **relate** to what the child did or did not do. (Break an item, pay out of their allowance to replace it. Try to take candy, lose sweets for the week)

Provide positive attention and encouragement

Give your child plenty of positive attention. This will prevent them from "acting up" to get it.

Establish routines

Children perform better when they feel secure. They feel more secure when things in their lives are predictable and people are reliable.

Try to keep a typical routine for meals, naps, bedtimes, chores, etc.

For more information contact:

The ideas presented here are general and will help most parents and children improve their relationship.. If you are having significant problems managing your child's behavior, please contact the agency listed below.



The Center for Parent Involvement (FCPI) was funded by the U.S. Department of Education; Goals 2000, Educate America Act from 1994-1999. Guided by an advisory board of parents and professionals, the FCPI's goal was to tap the power of parents.

The FCPI gathered information on parent needs, coordinated the information, and created a series of resources organized by theme, including fact sheets for parents and professionals, "Beyond the Basics" resources, and resource identification lists. Many of the resources have been translated into Spanish language versions, and every effort has been made to preserve the meaning and flavor of the original English documents. This series of materials provides a wealth of current information for both parents and providers; the complete set of resources can be obtained in PDF format on the Department of Child and Family Studies Website at www.fmhi.usf.edu/cfs/dares/fcpi. The staff of the FCPI are hopeful that their work will continue to help children get ready to learn for many years to come.

The series' themes include:

- Family Empowerment
- Parent Involvement
- Parenting Support
- School Readiness
- Violence in the Lives of Children
- Transition to Kindergarten

The Center was one component of a project led by Hillsborough County Center of Excellence in collaboration with the Department of Child & Family Studies at USF's de la Parte Institute and the Florida Children's Forum. Other project partners include HIPPIY (Home Instruction Program for Preschool Youngsters), Hillsborough County Head Start and Hillsborough County Even Start. For more information about these projects, call 813.974.4612.

Parent Support Series, Parent Tip Sheets, #7: Discipline.

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