



# Parent's Survival Tips

## Discipline

Nothing helps your survival as a parent more than discipline. To be effective, discipline must teach a child how to avoid repeating misbehavior and what to do instead. It should also be given in doses that fit the age of the child, and the size of the misbehavior.

A few more specifics:

- Babies are never candidates for discipline. They're too little!
- Use discipline sparingly. All children react better to approval and affection!
- Discipline only when reasonable expectations are not met. Define clearly, in advance, what you want them to do!
- Be consistent. Whatever style of discipline you choose, use it in every situation, even in public or when the grandparents are visiting.
- Review expectations regularly. There are no perfect parents. If your children are not meeting your expectations, the expectations probably need changing, not the child.
- Shame, rejection withdrawal of affection, or preferential treatment of one child over another have no place in discipline.

For information, support and referrals related to parenting and family concerns, please call the Parent Helpline at 1-800-CHILDREN.