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Disciplining Your Child



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Disciplining Your Child

1

Modeling Polite Behavior



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Apologize when you mess up :
**It's important for your child to see
you apologize for your own
mistakes. In addition, apologizing
to your child demonstrates your
love and respect for her as a
human being.**

2

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Model good manners :

**Use the words you would like your child to use.
Let your child hear say things like "Please" ,
"Thank you" ,"Excuse me" in your
interaction with him/her and with other
adults and children in your life.This is more
effective than prompting your child to say "The
magic word" in order to receive something .**

3

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Ask for your child's help with daily tasks: Taking on tasks and jobs around the house helps children to develop a sense of confidence and independence. By allowing your child to lend a helping hand with errands, you help them develop socially, as they watch your interactions with other and get to practice interacting with strangers in a safe setting. Even failing at a chore can provide a useful learning experience.

4

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Choose your priorities :
You don't need to become a perfect person to be a good parent and role model. Identify, with your co-parent if possible, what qualities you would most like to instill in your child. Then, look for ways to model those qualities.

5

Modeling Polite Behavior



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Be obvious :

Make sure that you're modeling good behavior in a way that your child can easily see and copy. For example, don't only read that after he/she's gone to bed for the night, or hug your partner when the children aren't looking.

6 Modeling Living A Good Life



Practice good self-care:
Children are profoundly affected by their parents' stress levels. Model good stress management for your child by making time for exercise, friends, and your partner.

7

Modeling Living A Good Life



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Address the feeling that parenting evokes for girls you:

Having a child often reawakens own childhood. This can lead you to be critical of, or ambivalent about, your child, when really you, are struggling with self- critical attitudes. Don't blame yourself for these reactions, but do talk about them with another adult, whether a partner, a friend, or a counselor.

8

Modeling Living A Good Life



Model healthy eating and drinking:

Don't insist that your child eat his/her vegetables while subsisting on fries and cookies yourself. Instead, try to prepare healthy meals that you can share.

9

Modeling Living A Good Life



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Pursue your own goals:

Your child will learn about how to live a good, fulfilling life by watching you value yourself and your priorities. You do not need to sacrifice yourself for your child or live your life through your child.

10

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Praise good behavior and positive changes:

Notice even small improvements. For example, if your toddler gets angry but refrains, finally, from hitting his/her sister, point that out explicitly.

11

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Role play good behavior :

You and your child will each take roles in an imaginary difficult situation modeled on a real problem area.

Narrate the situation and begin to role play. Offer feedback as well as praise. This technique helps your child to think ahead when faced with frustrating situations.

12

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Stay calm before reacting to your child's bad behavior: Manage your own anger and emotional reactions. In addition to preventing.

13

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Avoid physical violence:

Model respectful conflict resolution instead. Children who are hit or spanked will learn that violence is a valid method for solving problems.