

DISCIPLINE WITHOUT USING EXTREME MEASURES

Okay, this is a tough one for me because I like things to be just so. I like people to do what they are supposed to do and I get frustrated when things aren't the way I think they should be. Now, when you are in charge of younger children, things can seem totally out of control. This can make you plain mad, wanting to shout and scream and even strike out, which would be really bad. So we're going to look at some helps for those of you like me, who have a short fuse and lack in the patience department.

FLIP OVER FOR YOUR NEXT CHALLENGE



EARN THIS NUGGET

Watch a younger child or children for at least two half-hour sessions with the parent's direction. Practice these skills and seek direction from the child's parents also.

LEVEL K

PERIOD 1

TASK 1

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1. First of all, understand that the child probably is not out to annoy you. They are simply doing what is natural, which is to be self-centered and do what they want to do. So expect this behavior and be pleasantly surprised when it does not happen.

2. Next, if they are doing something that you don't want them to do, don't just tell them to stop. Give them an alternative thing to do. Classic redirection will go a long way.

3. Offer rewards if appropriate, but don't bribe. It's okay to reward good behavior, but be careful not to reward bad behavior in any way. This will breed manipulation.

- Reward Lucy for helping to clean up and Justin for playing nice with the baby.

- Don't give Rex a treat when he is throwing things in an attempt to get him to stop. He'll just learn that if he wants treats, he needs to push that button and throw things.

4. If you do start to lose it, step out, count to ten. Do what you need to do to stay in control. The moment you lose it, the child has the power ... they just made that happen. They are in control and you are not.

5. If discipline is necessary, stay calm and administer it in the form of a time out or other non-explosive manner. Staying calm is the key to control.

This is just a sprinkling of tools that I have used raising my chicks. Your parents will have a bunch more wisdom to add I am sure. Make sure you glean from their wisdom.

