

LET'S TALK

Guidance & Discipline

Teaching 3-5 yr. old children how to behave is no easy task. However, when we use effective strategies, we can intervene and prevent challenging behavior before it happens. Let's work together to support our learner at home and at school. Of course, email/text/talk/call me to if you have questions or want to know more about how I use guidance and discipline in the classroom.



Model appropriate actions and words

Children have special brain cells that are called "mirror" neurons. These neurons allow children to reflect the behavior they see. Model behavior that you want your kids to copy like sharing, being respectful and kind.

Give clear expectations

When children don't know how they are supposed to act, it can lead to challenging behavior. By creating expectations at home like a consistent bed time routine, dinner time, and screen time, children know what to expect and the confusion of how to behave and act subsides.



Praise the good

Guiding children includes praising them on good behavior. Point out their good behavior when it happens with specific praise. This means we tell them exactly what we like about what they're doing. "You did a great job cleaning up lunch by throwing away your food in the trash!"

Plan Ahead

Try to look ahead and anticipate what your child might need in different situations. For example, going out to the park or to the grocery store around nap time might cause challenging behavior because the child is tired. Avoid going out during meal times unless eating is on the schedule.



QR Codes for more resources on Guidance and Discipline at home



Nebraska Lincoln Extension



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