

GUIDANCE AND DISCIPLINE

SIMPLE STRATEGIES:

MODEL GOOD BEHAVIORS



BE CLEAR AND CONSISTENT



REDIRECT BAD BEHAVIOR



COMMUNICATE CALMLY



Children learn the most from the actions of those around them. All parents face the same struggles disciplining their children, so know you are not alone. It is important to speak calmly and work together to model the behavior we want children to pick up on. Here are some strategies to help you navigate the emotions of your first grader.

COMMUNICATE

Efficient communications leads to:

- Realistic expectations
- Planning ahead
- Limited, reasonable choices
- Reinforced positive behavior



As children get older, it is important to introduce new responsibilities into their daily lives. As they show good behaviors, start to provide more responsibilities rather than taking away responsibilities for bad behavior.

Sources:

Nisley, A. Positive strategies to guide child behavior. *University of Nebraska Lincoln Extension*.

(2018). What's the best way to discipline my child? *Healthychildren.org (America Academy of Pediatrics)*.