

The Keys to Effective Discipline

Disciplining a child is one of the most important, yet difficult, roles of being a parent. Effective discipline teaches a child to be self-disciplined later in life. It helps your child grow up to be happy and well-adjusted. Effective and positive discipline teaches and guides children, and helps them to feel safe, secure, and valued.

Discipline should be based on a child's age, development and temperament. A parent's goals by disciplining their child is to protect them from danger, to help them learn self-control and self-discipline and to develop a sense of responsibility.

Children should be respectful of their parent's authority. If they're disciplined harshly or unfairly, especially if it includes shouting or humiliating, will make it difficult if not impossible for a child to respect and trust their parent.

Parents must be consistent in their discipline. Discipline that's not consistent is confusing to children, no matter how old they are. If parents are inconsistent in the way they discipline their children, children may find it hard to respect them. It can also indirectly encourage misbehaving and result in confusion and frustration for the child.

Discipline must also be fair. Parents must make sure that the punishment fits the crime and doesn't punish too severely or is too lax. The consequences of their actions should be related to their behavior.

In order to discourage bad behavior, give your child choices about what to do. He will appreciate the chance to make decisions. Make sure rules that protect the safety, health and well-being of your child are given top priority. If your child is irritable, tired or upset, be understanding and try to help calm them. It's important to keep in mind that bad behavior can sometimes be circumstantial.

Encourage positive behavior in your child by spending quality time alone with your child each day. Give your child hugs, cuddles or a gentle pat on the back, and give praise when praise is due. If your child is angry or sad, try to understand why. Teach your child good behavior by setting a good example and behaving properly and appropriately yourself.