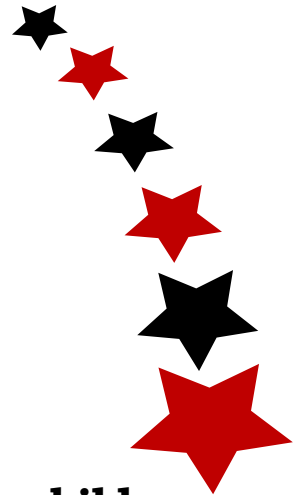
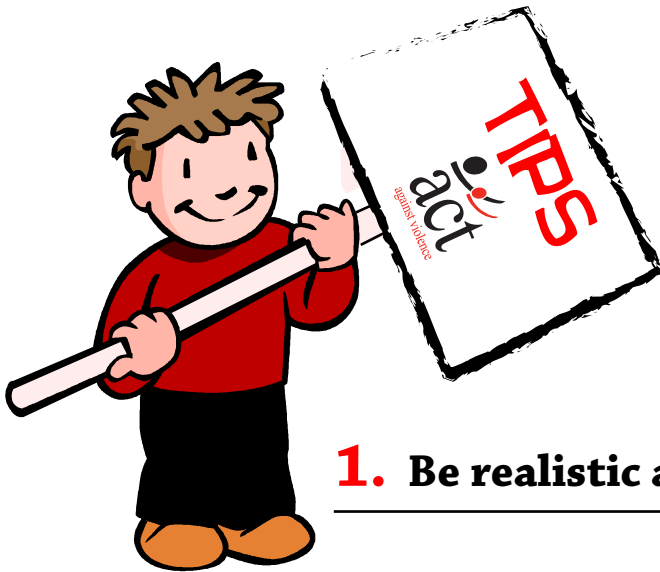


Tips for Effective Discipline



1. Be realistic and expect a child to act like a child.

2. Choose a few simple, important rules for behaviors; explain them repeatedly to your child.

3. Use a few clear words to explain how you want your child to behave.

4. Show by your example how you control your anger.

5. Use words - not violence - to discipline your child.

6. Use positive discipline methods to teach good behaviors to your child.

7. Don't put your child down when he or she misbehaves.

