



Attention!

The discipline methods you use with your children should be according to their ages and stages of development

Children from birth to 3 years old

Always supervise your children
Stop difficult behavior with a clear and firm voice.
Distract your children with other things.

Children from 3 to 8 years old

- Explain repeatedly your rules and the expected behaviors.
- Give one command at a time; use clear voice and keep it short.
- Ignore behaviors that are not dangerous.
- Distract children with something different.
- Use “when” and “then” not as a threat.
- Use time-out to calm children down: Use 1 minute for each year of age.
- Ignore the children in time-out.
- Use natural and logical consequences to teach about consequences of behaviors. Use them immediately after the misbehavior. **Examples:**
 1. A child breaks a toy and doesn't get another one.
 2. A child colors the wall and has to clean it up.
- Take away some privileges according to the children's ages. **For example,**
 - Age 3:** Fights repeatedly in the sandbox. Stops going to the playground.
 - Age 4:** Drops sister's doll in the toilet. Can't play with sister's toys.
 - Age 5:** Spits on older brother. No stories at bedtime.
 - Age 6:** Rips up a sibling's puzzle. Stays indoors while sibling plays outside.
 - Age 7:** Talks back to parents. Doesn't watch favorite TV show.