Discipline: What Am I Supposed to Do?...

1. **Discipline can be frustrating for everyone, but it is a must.** Children need rules and limits so they can feel safe and secure.

2. Here are some ideas about how you can get your child to follow your rules:
   - **Be consistent in what behavior is not allowed.**
   - **Speak in a firm tone and maintain eye contact.**
   - **Put in time-out (always talk with your child about why they were in time-out), or place your child in a very boring place for several minutes after unacceptable behavior.** To learn more about when to use time-out go to: [http://www.parenting-ed.org/parenting-information-handouts/](http://www.parenting-ed.org/parenting-information-handouts/).
   - **Praise good behavior and always keep your promises.**
   - **Ask your child to do the right thing, instead of saying what not to do, e.g., “Put the book down,” instead of “Don’t open that book.”**
   - **Stop bad behavior as soon as it starts** so your child understands this is not the way to get what he or she wants.

3. **Temper tantrums are a common occurrence in childhood:**
   - Try to prevent the tantrum from starting.
   - Stay calm and try to ignore the tantrum.
   - If your child’s behavior is harmful (like head banging) stop your child immediately and take him or her to a safe area.
   - Tantrums are most often the result of being tired, frustrated, and angry. Work with your child to keep these emotions in control.

4. **Remember, be consistent in your scolding and reasoning. Always reward good behavior.**

---

**We're here to help.** To learn more about UIC-Specialized Care for Children's programs and services, check out our website at: [dscuic.edu](http://dscuic.edu) or like us on [facebook.com/dscuic.edu](http://facebook.com/dscuic.edu)