

## 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/>.
  - **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:

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