

## **TIPS FOR PARENTS:** **DISCIPLINE**

1. Love your children even when you are unhappy with their behavior.
2. Know how you want your children to behave. Tell them exactly what you expect.
3. Make rules clear and simple. Explain to your children what the rules and consequences of breaking them are ahead of time.
4. Know what can be expected of children at certain ages. Try not to give your children more responsibility than they can handle.
5. Set an example for your children. Children learn from watching others, especially their parents.
6. If you catch your children demonstrating good behavior, make sure they know you have noticed.
7. Be consistent when you discipline your children. Make certain they know what to expect.
8. If you do not like your children's behavior, remember you cannot change everything at once. Try to change only one behavior at a time.
9. Praise your children for behaving the way you want them to as often as possible.
10. Expect your children to behave. This maximizes the probability that they will.