

# Positive Discipline

## Here are some suggestions to use with your children

- Recognize and reinforce positive behavior.
- Affirm and hug your child often. All children need lots of love and approval.
- Talk and listen to your children. Respect their ideas and points of view. If you respect your children, they will be more willing to listen to what you have to say.
- Discuss disciplinary methods with your spouse, babysitter, and other childcare givers ahead of time.
- Support each other when disciplining your children. When one parent starts to discipline in a positive manner, the other should not interfere. If you disagree on discipline methods, talk about the problem in private.
- Think about how you ask a child to do a chore. If you ask, "Do you want to feed the dog now?", your child may answer "No, not now."
- Teach social skills, some magic words include: "Please," "Thank you," "You're Welcome," and "Excuse Me." And remember to say these things to your child.
- Think before you speak! Say, "I need to think about this before I can give you an answer." When you say "Yes" or "No" too quickly, you may want to change your mind after you've thought about the request.



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