



# 7 TIPS TO DISCIPLINE YOUR KIDS

## THE RIGHT WAY

ACTIONABLE PARENTING TIPS YOU MUST KNOW

### NEVER YELL

rather use attention diversion

### ACKNOWLEDGE GOOD BEHAVIOR

use positive reinforcement as it provides kids with an incentive to follow the rules

### SET BOUNDARIES

that are consistent and reasonable

### AVOID POWER STRUGGLES

and never enter into arguments

### ACCEPT AGE APPROPRIATE BEHAVIOR

and know when it's necessary to practice discipline and when not

### USE LOGICAL CONSEQUENCES

like time-out, quiet time and removal of privileges

### CHOOSE YOUR BATTLES WISELY

focus your efforts on teaching your kids important life skills

## FORMS OF DISCIPLINE

time out, quiet time, taking a break, removal of privileges

## INEFFECTIVE

shaming, name calling, yelling, long-form explanations, idle threats, inappropriate consequences, physical or verbal punishment