



Positive Parental Discipline

Discipline comes from the word disciple. Discipline is helping children develop self-control and appropriate social behavior and is one of a parent's most important, yet most difficult tasks. By following proven disciplinary ideas, this job can be much easier and great results can be accomplished. Good parental discipline builds responsible children with positive self-esteem and values.

THREE WAYS PARENTS CAN ENCOURAGE BETTER BEHAVIOR IN THEIR CHILDREN

1. Be a positive role model. If you keep a messy house, don't expect your child's room to be neat.
2. State your expectations for good behavior. Let your child know exactly what is and isn't acceptable. Set realistic goals and don't be afraid to say "NO".
3. Be consistent. Acknowledge good behavior with praise, affection and privileges. Handle misbehavior with reasonable consequences (time-out, reduction of privileges). Let your child know why he/she is being punished and always express that you love your child, even when your child disappoints you.

WHY CHILDREN MISBEHAVE

- Low self-esteem
- Lack of positive role models
- Frustration or anger
- Feelings of neglect
- Insecurity
- Inadequate parental interest and guidance
- Extremely high expectations from adults
- Failing grades in school
- Inadequate sleep
- Reaction to family changes such as divorce or separation
- To seek attention- negative attention may seem better than no attention

TIPS FOR POSITIVE DISCIPLINE

- Say "no" when necessary
- Avoid spanking and yelling
- Be loving and supportive
- Praise and reward good behavior
- Teach appropriate ways to handle frustration and anger
- Encourage open communication and shared feelings

For more online tip cards, visit kcsl.org under the "Resources" tab.

Parenting questions? Call the Parent Helpline.

1-800-CHILDREN or email/text 1800children@kcsl.org



Kansas Children's Service League

