Examples of Positive/Safe Discipline Techniques

Giving choices (which is empowering to children)
Explaining calmly/giving a directive (setting a limit)
Distracting, redirecting (works well with young children)
Modeling (showing by your example)
Time-out (avoid using the corner, which is shaming; place the child where you can see him/her)
Natural consequences (example: if the child plays during a meal, then meal time is over and s/he will need to wait for the next regularly scheduled meal)
Logical consequences (ex: if the child leaves his/her bike out, s/he can=t ride the next day)
Charts to track behavior (Astar charts for positive behaviors)
Contract agreements (works best with older children and teens)
Reward positively/give praise for positive behavior (make sure reward is one child will appreciate)
Remove privileges (ex: the child loses television time if s/he doesn=t do homework)
Change surroundings/prevent problems (like putting up a baby gate, getting a bucket for all the toys)
Remove items that cause problems
Ignore self-indulgent behaviors (like whining and pouting; do not ignore the child=s needs)
Restitution (such as requiring child to do yard work after tearing up the flowers)
Negotiation/family decision-making meetings (bringing common problems to the family and problem-solving together; making agreements that include the children so they are more invested in the outcome)

Examples of Negative/Unsafe Discipline Techniques

Poking with the hand or an object
Hitting with a hand or an instrument such as a spoon
Slapping
Shoving or violent shaking (shaking a young child can cause brain damage!)
Grabbing, jerking
Smacking with a hand, belt stick or other object
Beating
Putting substances in child=s mouth (such as soap, hot sauce, etc.)
Yelling and screaming
Verbal and nonverbal threats and put-downs
Anger that threatens
Power plays
Shaming
Scolding and Anagging (extreme)
Pinching, grabbing ears
Intimidating with looks, actions, gestures
Criticizing, name calling
Isolating the child (with the exception of short time-out periods)

Questions? Call Liberty House Child Abuse Assessment Center, Family Support Services 504-540-0288