

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