

DISCIPLINE GUIDE

BREATHE
AND
STAY
CALM.

- *discipline means 'to teach'
- *assume your child is doing the best they can with the skills they have
- *behaviors communicate a need for support
- *support not shame works to teach and grow a healthy child



SET CLEAR LIMITS
WITH CONFIDENCE AND
FOLLOW THROUGH

Consistency

- Circle back to reflect on thoughts and feelings
- Empathize and listen to your child's experience.
- Talk to your child about what happened and why the behavior was not acceptable
- Brainstorm future solutions/alternative behaviors and provide opportunity to fix mistake or repair damage

Collaboration

Establish eye contact
and physical touch if
needed

Give reasonable warning
(they may need more if
tired/distracted ect)

Consequences

Enact
consequence
if needed and try
to remain emotionally
neutral.

BE CLEAR
AND
CONCISE
WITH
LANGUAGE,
USE VISUALS
WHEN
POSSIBLE

Love your child
unconditionally.
A child is
more than their
behaviors/symptoms.
Call attention to your
child's strengths,
passions and
personality.

Connection

Is a biological need and when a child
doesn't have this need met,
they will struggle to learn,
listen and grow.
Make time to connect each day.