



A happy relationship between a parent and a child is the most important foundation on which to build acceptable behaviour.

Things that encourage good behaviour

- positive attention (hugs and praise) given for acceptable behaviour is more effective than criticism and punishment for things the child gets wrong
- ignore minor misbehaviour and intervene only when there are serious problems or a child is in danger.

Children learn to tune out or turn off when they are constantly “got at”. Their self-esteem suffers if they never get anything “right”

- ensure the child understands what is right not just what is wrong. Do not just describe what the child has done wrong. Tell him/her how to do it right
- clear communications is basic to effective discipline.

If children do not hear or understand our message, they cannot do what is asked of them. Therefore, it is important to gain the child’s attention and to keep the message short and specific

Each child has a different personality and a different set of needs. Adults need to adapt to their child’s personality and needs. Adults need to avoid comparisons as much as possible and learn from the child as they grow.

No child is well-behaved all the time. As adults, we have a responsibility to guide children’s behaviour so that they learn from their mistakes and experience the pleasure of our approval.

Source...EPOCH NZ Website

Parents must be consistent about rules and expectations.