



## What is discipline?

Discipline covers all methods used to train and teach children self-control and socially acceptable behaviour. Discipline does not inflict physical or psychological harm to a child. Discipline is a necessary part of the parent/child relationship.

### Discipline

- involves the process of education, guidance and learning to help children develop self control
- is characterized by mutual respect and trust
- includes a belief that the child will be willing to change because of respect or with greater understanding
- has as its goal the development of internal controls that helps the child relate to others in a positive and responsible way

Effective discipline can be achieved without physical punishment

Expectations should be consistent with the age and stage of the child's development. Good disciplinary practices include:

- positive reinforcement
- praise
- modeling
- structure and routine
- setting and maintaining limits
- realistic expectations
- follow through
- verbal and non-verbal cues
- time outs
- logical consequences such as “no television”
- problem-solving

A child can learn self-discipline if he/she is supported, treated with respect and experiences tolerance of feelings.

If you need help call  
(613) 747-7800