

# Relationship-based Discipline:

No threats, no screaming, no regrets

## What is the Purpose of Discipline?

- Discipline comes from the Latin “to teach”
- Breakdowns in behavior are opportunities to teach
- Tantrums are a loss-of-control for young children; they’re stressful for them as well
- Think about why it happened (tired, frustrated, bored, hungry, needs your attention...)

## Punishments Don’t Help a Child Manage their Emotions

- **Aggressive discipline** – screaming or spanking – increases the child’s fear and focuses their attention on your behavior, not their’s
- **Time out** - while it helps to stop the behavior, it isolates the child at a time when their emotions are high. They stew, rather than reflect

## What is Relationship-based Discipline?

Relationship-based discipline occurs when you use your bond with the child to help them control and understand their emotions

## 5 Steps to Relationship-based Discipline:

1. You get calm then help the child get calm (model)
2. Describe what happened simply without preaching
3. Ask them how they felt and acknowledge & name those feelings
4. Tell them that feelings are okay, but hurting others is not (set limits and expectations)
5. Ask them how they could do it better the next time

## Important! Check your body language

When trying to calm a child, practice the following:

- Relax your face (no scowling).
- Speak eye to eye at child’s level
- Speak with a gentle voice
- Touch them (this our most powerful de-stressor)
- Stop talking and listen

Brought to you by: