

5. Use clear direct language – **TELL DON'T ASK** (for example: *Instead of*: “hey kids it’s getting late, don’t you think it’s time to get ready for bed?” *Try* “It’s eight o’clock, time to shut off the TV and put on your PJ’s”. *Instead of* “I sure wish you’d get down from there.” *Try* “That is not a place to climb. Please get down.”
6. **Catch them being good!** Give out plentiful praise and positive feedback for good behaviors, cooperation, helpfulness, etc. **Warning!** Praise can be overdone. Giving constant attention can make him praise dependent and demanding. Don’t over praise your child’s normal development.
7. **BE SERIOUSLY CONSISTENT!!!** (This is **HARD!!**) If dad give David a consequence for jumping on his bed on Tuesday, and mom lets him jump ‘til his heart’s content on Wednesday this means **TROUBLE!**
8. Discipline is helping children develop self-control. Discipline is setting limits and correcting misbehavior. Discipline also is encouraging children, guiding them, helping feel good about themselves and teaching them how to think for themselves. Teach your child how to solve problems; work out conflict; and make good decisions. Set a good example with your own behavior. They are watching!! The ultimate goal is to help children develop self-control and self-direction.
9. Teach **EMOTIONAL LITERACY**. Help them learn to identify feelings, and problem solve. Little ones **CAN** do this.
10. Time away for you to re-energize. Raising children can be exhausting work. Parents need time away from the children to recharge their batteries. This will help you be a better parent.

EXAMINE YOUR LIMITS: ask yourself the following

Are they truly important?

Are they reasonable?

Are they clear enough for your child to understand?

Do they tell your child what to do as well as what not to do?

Do you apply and enforce them consistently?

Do you encourage your children to set their own limits as they get older?