

“Discipline as Limit Setting, Structure and Expectations”

Getting “Stuck”

- Kids sometimes need help with **forward thinking**
- Help **redirect** your children to the next thing that is going to happen and help them learn the **moment is temporary**
- Don't pile on with consequences (i.e., taking all their toys away), children know that is something that will likely not really happen.
- Wait until everyone has **calmed down** to talk about what happened and how things could have gone better
- **Parents get “stuck”** as well sometimes, but it's the **parents job to draw the line** in the sand and end the conversation from going on and on.
- Revisit the situation when **everyone is calm and open** to talking about it
- You're trying to get “better” behavior; they are not “bad”

HALT; antecedent?

- Hungry, Angry, Lonely, Tired
- How do you feel when you're any of those things?
- Remember to “HALT” and **readjust your expectations** of your child
- Adjust but not abandon.
- You may need to give them a snack before they are able to follow through with the expected task. That's okay, but still **work toward the goal of doing the expected task**

Discipline as an Opportunity to Teach

- Identify the **behavior goal** you're working towards
- Ask yourself, “**What do I hope to teach them?**”
- When you decide on a behavior you want to change, you're in “it” and plan on making the desired **change the following day** (not in that particular moment)
- **Be a good observer** and watch the behavior you'd like to redirect.
- Set your expectations **(bar) low** in the beginning; it may not change overnight

What Can You Do? Teach your Children New Skills

- “Hitting” is not a choice
- Teach them to say “I want a turn” by asking and not saying “mine!”
- Turn the moment into a teachable one by giving them a way to ask for what they want
- As they get older, they will **need to learn assertive social skills**
- They will learn with more **encouraging** from their parents vs. feeling like they are bad

- Sometimes, **parents will need to set limits** and when the child is unable to get a meltdown from happening
- The appropriate way to respond could be “it looks like you’re unable to be around us right now.”
- When the **child calms down, invite them back.**
- They could be flooded emotionally
- **Remember to stop, try to redirect their behavior, and give them another chance**