

# Discipline

Children 6 to 12 years



DISCIPLINE

## Adjust the tone of your voice, be calm

When using discipline, take your time to explain what you wish to address while staying calm. Breathe deeply and keep your main objective in mind.



## Give children the space and time to integrate what you said after your intervention

Be patient. We often think that children understand immediately what we tell them, but they often need time to reflect on what we said and to calm themselves before they can process the information. Give them the time and the space to breathe and reflect on what you said, so they can more easily integrate it.



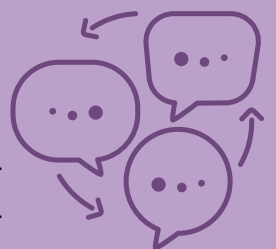
## Ask your children to repeat your demands

It is possible that your child was not attentive when you talked. That doesn't mean that he didn't want to listen. He could just have been distracted by something else. To verify what he really understood about what you said, ask him to repeat your instructions and your expectations. If the need arise, repeat the instructions while being clear and concise.



## Try to discuss before applying any form of punishment

A behavior can only be changed if children understand what they must change. A discussion about what you expect of them and the reasons behind your demands is essential to assure their comprehension and to reinforce their cooperation and desire to change.



## Don't remove everything they like just to punish them



A disproportionate punishment will only create a reaction and negatively affect your authority. It is important for children to enjoy good moments and to play and it is possible to apply natural consequences without removing everything they like just to show your point. Consequences need to be natural and not extreme, tied to the behavior and not just there to punish. They can for example, have to fix what they broke to understand the need to be more careful.

## Reinforce and celebrate good behaviors

For positive discipline to have an impact, it must feel good. Recognizing the good behaviors of your children and expressing your good feelings about it will positively reinforce those behaviors. Positive attention is important and it pays off. It also help your children to value and enjoy their good behaviors and your retroaction.



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