



# Guidelines for Positive Discipline

## PLAY

- Each day give 20 minutes of positive attention to each child without interruption
- Relax and have fun
- Listen, watch and describe in positive words what your child is doing



## PASS

**Ignore misbehavior whenever possible** - especially attention seeking like: whining, complaining, moping or “water power.”

- Misbehavior may get worse before it gets better. Be patient.
- Child may also become aggressive to force attention from the parent. You can give a brief time out or take away a privilege for kicking or hitting. Stay calm. Use neutral, disinterested tone of voice

## PRAISE

- Notice the “**positive opposite**” of misbehavior
- Be very **ENTHUSIASTIC!**
- **Describe** the positive behavior **specifically**
- **Be close** to the child when you praise
- Use a **gesture or a touch**
- **Vary** your words and gestures
- **Do it every time** the child does the positive behavior

*“Sam, thanks for touching your little brother so gently!” (While hugging Sam)*

