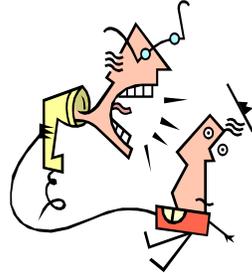


Discipline

What Am I Supposed to Do...



1. Discipline can be frustrating for everyone, but it is a must- children need rules and limits so they can feel safe and secure
2. Here are some ideas about how you can get your child to follow your rules:
 - ✓ Establish a few families rules- you don't want too many, give your child time to learn right from wrong without your help
 - ✓ Work with your child to set the family rules- then everyone understands what they are and why you have them
 - ✓ Praise good behavior and **always** keep your promises
 - ✓ Don't overreact if a rule is broken- decide ahead of time which rules deserve the strongest reactions
 - ✓ Always try to make the punishment fit the crime- if your child comes home later than expected, then limit after-school activities for the next week...
 - ✓ Always stick to your rules- inconsistency will teach your child that there are no rules
 - ✓ Involve your child in all areas of discipline- clearly understanding what happened will help your child to learn from mistakes
3. Help your child to become an independent, responsible adult by teaching good habits early on in life.



Alabama Department of Rehabilitation Services
Children's Rehabilitation Service