

Listed below are a variety of additional resources available to you.

Bright Start Responsive Parenting

This project is funded by the State of South Dakota Office of Child Care Services. This six-week series of classes is designed for parents that have children ages birth to three years. Classes cover a variety of topics including: discipline, temperament, and stress. Classes are FREE and child care may be available.

Infant/Child CPR

This program is designed to give parents, child care providers, and other adults information and skills on CPR (Cardio Pulmonary Resuscitation). These classes are ongoing throughout the year.

Insight for Children

These classes are designed to give information about how children develop and why they do the things they do. Topics include sibling issues, temperament, and childhood behaviors. Classes vary in length and are FREE.

Temperament Project

This project is funded by the Sioux Empire United Way Success By Six Program. Services provided are FREE. Learning about temperament can help with discipline issues, behavior concerns, and social development. Individual temperament consultations are available, as well as temperament screenings.

Mutch Woman's Health Library

Various materials of interest to women are available for check-out at the Mutch Women's Center for Health Enrichment. Books, videos, and pamphlets cover a variety of topics including but not limited to: parenting, stress, and health information.

Discipline:



**A Teaching
and Learning
Experience**

Sanford Children's C.H.I.L.D. Services
is located at:
1115 W. 41st Street, Sioux Falls, SD
(605) 333-0698



1305 W. 18th Street • PO Box 5039
Sioux Falls, SD 57117-5039
sanfordchildrens.org

Discipline: A Teaching and Learning Experience

Discipline is a teaching and learning experience for children and adults. As an adult strives to guide a child toward appropriate behavior through discipline, the adult and child both learn about themselves and other people. Discipline varies from child to child because each have different personalities and are at a variety of ages and developmental stages.

Keys to effective discipline involve:

- Determining what behaviors to encourage.
- Determining what behaviors to stop.
- Understanding a child's stage of development.
- Understanding why a child reacts and responds to certain situations because of who the child is as an individual.
- Having realistic expectations for children at individual ages.
- Respect for a child's dignity and feelings.
- Understanding you - the adult.

Understanding You

It is important that you understand why you discipline the way you do. The way your parents disciplined you plays a large factor in your "natural" way to discipline. You only have experience to draw from, unless you have placed other information in your brain through education and/or discussions with other people.

There are three basic types of discipline:

- Autocratic ("do it because I say so").
- Permissive ("do whatever" with no limits provided).
- Democratic (the child has a right to his say, but not necessarily his way).

Autocratic parenting can lead to rebellion and low self-esteem in children; permissive parenting can lead to children seeking limits with inappropriate behaviors such as kicking and screaming.

Democratic parenting can lead to:

- Children that encourage all of us to think of "why we do what we do".
- Better family communication.
- Higher self-esteem in children.

It is also important to understand what "triggers" you to discipline. Some of the major "triggers" to discipline are related to your morals, values, noise level tolerance, mess tolerance, physical state and mental state at the time.

Some questions that may be helpful to ask yourself about your discipline include:

- What is my need for power and control?
- Do I have a realistic view of children?
- What was my parents' parenting style?
- Is there anything I would like to do differently?
- What is my parenting style?
- How do I want people to treat me?
- What rights do children have?

Understanding the Child

Understanding the child helps lessen frustration and guilt for both the child and the adult. When you understand that some behaviors are "nature taking its course" developmentally (i.e. a toddler throwing temper tantrums is a natural course of human development), it is easier to tolerate some behaviors. This insight also helps you decide what discipline will work for this child in this situation.

What Doesn't Work

It is easy to react immediately when there is a need for discipline. Many times this "immediate reaction" leads to frustration and guilt for both child and adult. The child may stop for the moment, only for the behavior to occur again and again.

Discipline methods that tend to be ineffective include:

- Asking ("Will you please eat your peas?").
- Yelling (Child may yell to get peers attention).
- Force (May work at two, only to create rebellion later in life).
- Nagging (Causes child to eventually "Tune you out").
- Criticizing (Lowers self-esteem which increases discipline problems).
- Attention (Attention for when I'm "bad" is better than no attention at all).

What Does Work

Discipline that is effective allows the child to "buy into" the reason for the discipline and encourages the child to learn self-control while keeping a child's self-esteem intact.

Effective discipline involves:

- Being clear and specific about what you want the child to do instead of the inappropriate behavior. ("We write on paper, not walls. Here is some paper.")
- Give reasons for the discipline without lecturing.
- Give a child a choice, if possible.
- Warn the child what will happen if the behavior doesn't stop. ("You need to stop crying and use your big girl voice or we will leave.")
- Follow through on what you say. (If you say you will leave the restaurant if the child chooses not to stop crying, you should leave the restaurant if the crying doesn't stop.)
- Be consistent as much as possible. Be consistent at home, at grandparents and in public.

Discipline is an everyday occurrence in every family. It involves understanding, mutual respect and communication. There is no "black and white recipe" to discipline - it varies from child to child and situation to situation. Discipline is an opportunity for a child and an adult to learn from each other - it becomes a teaching and learning experience for both.

For more information, call
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