

# Have Parenting Questions?

Every child misbehaves at some point in time. Every parent wants to stop the unwanted behaviors.

Discipline can be challenging for any parent. There is not a perfect answer to disciplining children, but there are techniques to encourage and guide your child towards positive behaviors.

## GET ANSWERS.

**Sanford Parenting Services**  
**(605) 328-7155**

[mutchwomenscenter@sanfordhealth.org](mailto:mutchwomenscenter@sanfordhealth.org)

**MUTCH WOMEN'S CENTER  
FOR HEALTH ENRICHMENT**  
5019 S. Western Ave., Suite 200  
Sioux Falls, SD 57108  
**(605) 328-7155**

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## Parenting services

Sanford Children's Parenting Services offers a variety of services and resources to get answers to your everyday parenting questions.

### CAR SEAT EDUCATION AND INSPECTIONS

Is your child riding safe in the car? Get individual car seat education and inspections to keep kids riding safe in the car. Located at CHILD Services, 1115 W. 41st St., Sioux Falls.

### FAMILY AND FRIENDS CPR

You hope you never have to use it; but knowing CPR is one of the most important things you can learn for your family. This class is not designed for participants who must obtain a credential for CPR course attendance.

### SANFORD CHILDREN'S SAFETY CENTER

Keep your home safe. Stop by our Safety Center; a convenient one stop shop for safety items and education. Located at CHILD Services, 1115 W. 41st St., Sioux Falls.

### PARENTING COACHING

Whining, not listening, biting—sound familiar to you? Individual sessions to help you deal with everyday parenting challenges. Parenting Coaching is conveniently available by phone or office visit.

### PARENTING ESOURCE

A parenting email club to receive eClasses, eNews and eNotices such as safety recalls to help you balance life and raise your family. Go to [sanfordhealth.org](http://sanfordhealth.org), keyword: Parenting eSource to sign up.

### EVERYDAY PARENTING CLASSES

Get answers to common parenting questions.

## DISCIPLINE

To Guide a Child's Behaviors



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**& Parenting**  
YOUR PARTNER THROUGHOUT PARENTHOOD

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## KEYS TO SUCCESSFUL DISCIPLINE

- Understand what behaviors are normal for the child's age.
- Understand how the child reacts due to the child's individual temperament traits.
- Know what behaviors to encourage.
- Know what behaviors to stop.
- Respect the child's needs and feelings.
- Listen and respond to the child's needs.
- Keep calm. Take deep breaths if needed.
- Role model self-control. Children learn by watching what adults do and say. They repeat what they see and hear.
- Manage your stress to have the patience needed when disciplining.

OVER TIME,  
DISCIPLINE CAN  
TEACH A CHILD  
SELF-CONTROL &  
THE CHILD BECOMES  
SELF-DISCIPLINED.

## NO MAGIC RECIPE

There is no magic recipe when it comes to discipline. The ingredients to the "discipline recipe" that works depends on the child's age and temperament traits, as well as what is happening at the moment in the child's life.

It is important to understand what is causing the child's behavior in order to provide the appropriate discipline technique. Once you know what's causing the misbehavior you can determine what discipline technique to use to guide the child to more appropriate behavior.

## WHAT DOESN'T WORK

### Discipline methods that don't work:

- **Emotional Reactions.** It's easy to quickly react when a child misbehaves. A quick response is often an emotional response that only adds to the child's stress and the misbehavior continues while the adult's frustration increases.
- **Asking.** Asking a question when the child does not have a choice doesn't work. "Do you want to go to bed now?" is not a choice. Only ask a question if there really is a choice.
- **Yelling.** The louder you talk, the less a child will listen.
- **Nagging.** Just like adults, children stop listening to someone when they constantly nag.
- **Criticism.** No one likes to feel bad about oneself. Criticism lowers a child's self-esteem which can lead to more misbehavior.

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## WHAT DOES WORK

Discipline works best when a child feels heard and understood by you. Just like adults, children want to have their feelings and thoughts valued by others.

### Discipline works best when you:

- **Stay calm.** Be in control of your own emotions. Take a deep breath or count to ten before reacting to the child's behavior.
- **Focus on the behavior.** Know what you want the child to do. Give directions such as "Write on paper, not walls. Here is some paper."
- **Give short, simple reasons for the rules.** "It is not safe to climb on the chair. Sit down."
- **Give choices, if possible.** "You can wear a red shirt or the blue shirt. You choose."
- **Acknowledge feelings.** Recognize feelings and redirect the behavior. "I know you feel sad we can't stay longer. It's time to go home so please put your coat on."
- **Clear direction and consequences.** Make it clear what will happen if the behavior doesn't change and follow through. "Stop yelling. Use your quiet voice or we will leave the store." Be prepared to follow through with the consequence you gave. In this case, be prepared to leave the store.
- **A chance to succeed.** Give the child time to choose the appropriate behavior. "Pick up your blocks and put them away in the box. I am going to count to three. If you do not pick up your blocks, I will pick them up and put them away in a place where you can't play with them."
- **Limit temptations.** Children are naturally curious. Put off limit temptations out of reach and out of sight.
- **Consistency.** Have clear expectations. Use the same rules at home and away from home.