NO HIT ZONE

Discipline helps children understand what you expect, how to behave and what happens when they misbehave. The goal of discipline is to guide and teach children age-appropriate behaviors.

	DEVELOPMENTAL STAGE	RECOMMENDED DISCIPLINE
BABY **Birth – 18 months** 	• Main source of learning is through their senses. Constantly using their mouth to explore! Everything they can reach will be in their mouth. • Will cry to communicate when they have a need.	• "Baby proof" your house, including putting unsafe items out of the child's reach. • If your baby is crying, check to see what their need is. Try changing their diaper, feeding them, burping them, swaddling or cuddling! • Never shake or spank your baby! Make sure your baby is in a safe place and take a break if you need! • Hold, cuddle and love your baby often – there is no "spoiling" a baby!
TODDLER **18 months – 3 years** 	• They are on the go! Exploring their surroundings by running, climbing and touching everything! • Able to follow simple directions for tasks. • Likely to test limits – which is helping them learn self control. • Tantrums are age-appropriate.	• Use distraction to redirect them from a negative behavior to appropriate play. • Respond to tantrums in a calm manner, as they will feed off your energy. • Use positive reinforcement to encourage good behavior.
PRESCHOOL **3-5 years** 	• Does a lot of imaginative play. • Developing a sense of what is right vs what is wrong. • Currently learning how to follow simple rules. • Learning to share with friends and others.	• Develop and maintain a routine in your home so your child knows what to expect. • Use simple explanations and instructions; get to their level to explain! • Help your child take a break when overwhelmed; using a "time-in." 1 minute for each year of the child's age is a good rule of thumb.
GRADE SCHOOL **5-11 years** 	• Developing logical thinking: expect a lot of questions and wanting to know the reasons for things. • Starting to develop independence but will need parental support when problem solving.	• Provide clear expectations, and provide them more than once when needed. • Allow increased independence, but ensure they know you are there for support. • Praise positive behaviors. • Discuss problem behavior and discuss positive options. • Take away privileges for a consequence.
PRE-TEEN & TEENAGER **11-18 years** 	• Developing a personal identity may challenge family values and rules. • Can be easily influenced by friends and are starting to form intimate relationships. • Are developing a more independent sense of self, may be ready to take on more responsibility.	• Set clear rules and the consequences for breaking them. • Provide consistency for the rules/consequences. • Be open to listening to their viewpoints and ideas. Show that you are a safe person for them to talk to! • Use "natural consequences" or logical consequences – "the punishment fits the crime." Ex: if they are out late with the car, they lose the privilege to use it for a week.

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UnityPoint Health

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