
How do I discipline my child?

The **American Academy of Pediatrics** issued guidance in 2018 about disciplining children:

“Disciplining your child is not easy, but it is a vital part of good parenting. The AAP recommends a three-step approach toward effective child discipline. First, **establish a positive, supporting and loving relationship** with your child. Without this foundation, your child has no reason, other than fear, to demonstrate good behavior. Second, **use positive reinforcement** to increase the behavior you want from your child. Third, if you feel discipline is necessary, the **AAP recommends that you do not spank or use other physical punishments.**”

So what should I do? Positive Behavior Support!

Positive, loving relationships in the home are a primary foundation of PBS - adults model this with each other, cultivate this with their kids.

Positive reinforcement is key!

There is no right or wrong way to parent. The principles in PBS lead all families toward greater success and happiness.

PBS is a research-based approach to increase quality of life for people and families and decrease problem behavior by teaching new skills and making changes in a person's environment.

Learn more about PBS

Association for Positive Behavior Support (APBS.org)

Free, helpful information for families, starting on the home page with two buttons with the word “family” as starting points, and an interactive video tutorial.

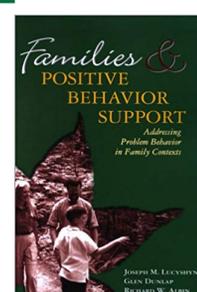
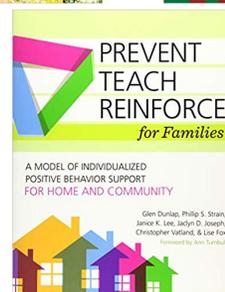
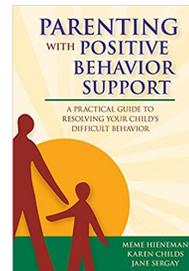
Home and Community Positive Behavior Support Network (HCPBS.org)

Great resources, videos, and links. Start with the “What is PBS” tab, and search the site by topic for resources relevant to you.

VeryWellFamily.com

Click the ‘discipline’ button for helpful articles on determining why behavior happens, important considerations for developing your plan and sticking to it, and focusing on positive outcomes.

Books you may find helpful:



Positive Behavior Support for Children and Families

Addressing difficult behaviors and routines without spanking



- **The Home and Community Network of the Association of Positive Behavior Support (HCPBS)** is a nonprofit organization dedicated to expanding and enhancing the application of PBS principles across home and community settings, contexts, and the lifespan for people with behavioral challenges (including intellectual and developmental disabilities, mental health diagnoses and seniors who require memory care and other related services) and the systems that support them.

What can I do differently starting today?

Be proactive - plan for success

- Set clear expectations for what to do instead of what not to do
- Use calendars and schedules to make things predictable
- Help your children to stay engaged in activities during downtime/leisure time
- Offer choices instead of giving demands
- Offer to work together on hard tasks
- Make hard times fun by incorporating things like music, snacks, or costumes

Teach skills needed to be successful

- Always model good behavior and words, including how to get needs met
- Write down, post, and refer back to expected behavior
- Keep teaching - children learn over time and at different rates - stick with it

Reinforce good behavior

- Pay attention to positive behavior
- Set up, and deliver, something special after kids meet your expectations
- Allow a pass sometimes on tough tasks when kids have been behaving well

Respond to problems by patiently teaching what's right, not punishing

- Take a deep breath - if you cannot be patient in the moment, walk away and come back when you're ready
- Help your children to do or say the right thing by showing or telling (turn the moment into a teaching moment)

Do This: *Encourage and follow through without nagging*

Be nearby to help with expected tasks and focus on fun to be had after tasks are done.

Don't do This: *Power Struggles*

Parents can withdraw from the conflict but still stick to original expectations of getting something done.

Do This: *Make sure you have social support*

Family and friends who know what you are going through, and know what you are doing to make changes to your family's life, can provide critical support for you.

Don't do This: *React harshly because of social pressure*

Not everyone will understand your positive approach to challenges. Use your social supports to help you take that deep breath and stick to your plan.

Core features of PBS

Identify goals
what needs to happen more? or less? be specific!

Assess
pay attention to what happens right before things go poorly, and what happens right afterward.

Generate a plan and stick to it
include proactive, teaching, and reinforcement components, and be consistent so you can evaluate if

Gather information
about what's working and what isn't: is your child making progress on the goals you identified?

Stay optimistic, be mindful!

Lots of research shows that it helps to be attentive and present to the current moment. Let go of the thoughts that bring you down, focus on your positive intentions for yourself as a parent and for your kids. Everyone will feel better and do better!

PBS is for every parent!

Whether you are a brand new parent, are dealing with the "terrible twos", or navigating the emotional swings of adolescence. You will find PBS approaches that work for your family.

Connect with us online

Facebook: <https://facebook.com/hcpbs>

Website: HCPBS.org