






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
<p>BABY Birth - 18 months</p> 	<ul style="list-style-type: none"> 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. 	<ul style="list-style-type: none"> "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!
<p>TODDLER 18 months - 3 years</p> 	<ul style="list-style-type: none"> 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. 	<ul style="list-style-type: none"> 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.
<p>PRESCHOOL 3-5 years</p> 	<ul style="list-style-type: none"> 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. 	<ul style="list-style-type: none"> 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.
<p>GRADE SCHOOL 5-11 years</p> 	<ul style="list-style-type: none"> 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. 	<ul style="list-style-type: none"> 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.
<p>PRE-TEEN & TEENAGER 11-18 years</p> 	<ul style="list-style-type: none"> 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. 	<ul style="list-style-type: none"> 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.

Allen Child Protection Center (319) 226-2345

St. Luke's Child Protection Center (319) 369-7908

STAR Center (515) 224-3300



UnityPoint Health