



Effective Discipline Strategies

Negative Consequences and Punishment: Ignoring

A positive approach to discipline does not mean parents can never use negative consequences and punishment. The overall emphasis should be on positive consequences, but there is a place for negative consequences. Some parents get discouraged when their child misbehaves. They think, "This attention, praise and rewards stuff isn't working!" Children will still break the rules-because they are learning, exploring and testing the limits of their world. A positive discipline approach includes positive parenting strategies AND tools to use when children misbehave.

Ignoring

- When your child misbehaves and you ignore them, you don't look at, talk to, touch or seem to listen to them.
- This discipline strategy works best with younger children.
- Do not ignore your child if they are in danger of hurting themselves or others. Use this strategy for behaviors such as nagging, whining or temper tantrums.
- Be consistent! Realize the targeted behavior will often get worse before it gets better. Your child has learned that if they nag, whine or cry long enough, they'll usually get their way.
- Show your child positive attention for an appropriate behavior as soon as possible after ignoring their misbehavior.

For example, your child is having a tantrum on the floor of your living room because you asked them to put on their pajamas and you turned off the TV. They are not in any danger or hurt, so you walk around them, don't talk to them and look at the newspaper or pay some bills. When they quiet, you calmly restate your request and offer to help them with their pajamas.