

## Family-Centered Care

### Implementing Discipline

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- **Consistency:** Implement disciplinary action exactly as agreed on and for each infraction.
- **Timing:** Initiate discipline as soon as child misbehaves; if delays are necessary, such as to avoid embarrassment, verbally disapprove of the behavior and state that disciplinary action will be implemented.
- **Commitment:** Follow through with the details of the discipline, such as timing of minutes; avoid distractions that may interfere with the plan, such as telephone calls.
- **Unity:** Make certain that all caregivers agree on the plan and are familiar with the details to prevent confusion and alliances between child and one parent.
- **Flexibility:** Choose disciplinary strategies that are appropriate to child's age and temperament and the severity of the misbehavior.
- **Planning:** Plan disciplinary strategies in advance and prepare child if feasible (e.g., explain use of time-out); for unexpected misbehavior, try to discipline when you are calm.
- **Behavior orientation:** Always disapprove of the behavior, not the child, with statements, such as "That was a wrong thing to do. I am unhappy when I see behavior like that."
- **Privacy:** Administer discipline in private, especially with older children, who may feel ashamed in front of others.
- **Termination:** After the discipline is administered, consider child as having a "clean slate," and avoid bringing up the incident or lecturing.

### Types of Discipline

To deal with misbehavior, parents need to implement appropriate