

Social and Emotional Development: Discipline

Teaching Tips:

- Many educators find it helpful to teach discipline after having introduced the concepts in the overview of pillar two and the attachment, parenting styles, emotion coaching and praise modules.
- Discipline may mean very different things to different people. Be sure to consider your parent audience and their frame of reference in presenting the information on discipline.
- It may be helpful to provide a definition of discipline, such as the one provided by the American Academy of Pediatrics: Discipline is not punishment, and it is much more than rules and consequences. It means providing guidelines and support for young children while they are learning how to behave and manage their emotions.
- Use the key messages below as a focus for teaching this topic as well as a summary of the content.

Learning Objectives for Parents and Caregivers

After learning about discipline, parents and caregivers will be able to:

- 1) Define the concept of discipline
- 2) Explain what typically works and doesn't work when providing discipline to young children
- 3) Explain why certain discipline methods lead to effective behavior change

Key Messages for Parents and Caregivers

- 1) Children need rules, boundaries, limitations, and clear expectations to help them learn appropriate behavior.
- 2) According to experts, the most important thing parents can give their children is love. The second most important thing is discipline (Brazelton and Sparrow, 2003).
- 3) Parents who discipline consistently and effectively tend to raise well-adjusted children who are more self-reliant, self-controlled, and curious than children who are raised by parents who are punitive, overly strict, or permissive.
- 4) Discipline means providing guidelines and support for young children while they are learning how to manage their emotions, deal with disappointment or frustration, and form relationships with other people.
- 5) Consistency and predictability are the cornerstones of discipline.

