



Tips on How to Discipline a Toddler



There are four main tips you can keep in mind when trying to discipline a toddler.

1

Offer them a choice:

Instead of telling your toddler to brush their teeth, ask them which toothpaste they want to use?

2

Keep it simple:

If you want to tell your toddler something is bad or good, tell them in the simplest way possible. Extra words, trying to explain the reasoning behind why something is bad confuses them.

3

Be cool:

Don't stress when your toddler throws a tantrum. This can be particularly hard in public but if you keep your cool long enough, your toddler will also cool down. They'll understand that throwing a tantrum doesn't get them attention.

4

Taking a time-out:

Time-outs should only last for one minute per year of age, so your two-year-old should not get a time-out that lasts 5 minutes! In fact, 5 minutes is the maximum amount of time a time-out should last, even for an 8-year-old.





Tips on How to Discipline a Preschooler

Here are three tips on how to discipline a preschooler.

1

Ask twice:

If you ask something of your preschooler, like asking them to brush their teeth, and they don't follow through, ask again. The second time should be accompanied by a warning, like telling them they won't watch TV tomorrow. Do not ask again. The third time is simply applying the negative consequences.

2

Keep positive feedback in mind:

It's easy to just see the negative parts of your child's behavior and try disciplining that. But you have to remind yourself to catch them doing good stuff and rewarding them. For example, if you don't need to ask twice for them to come to dinner, thank them.

3

You can't hear whining:

If you hear whining in your preschooler's voice, respond as naturally as you can. Eventually, they'll figure out that the extra energy they put in for whining doesn't get an extra response from you.





Tips on How to Discipline a School Kid

Here are a few tips on how to discipline a 6-year-old or older.

1

Ask questions in retrospect:

When your school kid has done something wrong, and they know it's wrong, such as hitting another kid, ask questions. For example, you can ask them "What went wrong?" and "What they'll do different in the future?"

2

A second right fixes a first wrong:

If your child does something wrong, don't punish them instantly. Give them a second chance and if they prove themselves, reward that instead.

3

Explain things causally:

School kids can understand cause-and-effect to a certain degree. You should try your best to explain why something is good or bad when you can.





Tips on How to Discipline a Tween

Here are a few tips on how to discipline a tween.

1

Negotiate and compromise:

Avoid dictating rules to your tween. Instead, if they're trying to change something in their favor, listen to them, and if possible, compromise. Negotiation, even if it ends up going your way, is important because your tween understand that you value their opinion.

2

When + Then = Discipline:

Try to establish natural cause and effect between what your child does and what happens. For example, when they finish their homework, then they get to play videogames.

3

Set rules for talking:

Tweens are more likely to backtalk. You should let your child know what type of talk is allowed and what isn't. If they talk to you in a rude manner, insult you, or just don't acknowledge you talking to them, call them out.





Tips on How to Discipline a Teenager



Here are some tips on how to discipline a teenager.

1

Keep the peace:

Your teenager is out to get what they want and sometimes they may need your help even if they don't know it. Try not to take the things they say or do personally and remember that they're just a kid (avoid reminding them of that).

2

Change the rules accordingly:

As your teenager shows you how responsible they are, give them more freedom in the rules you set. This doesn't mean you should just let go of rules. For example, there should still be a curfew in place, but maybe you can extend it an hour.

