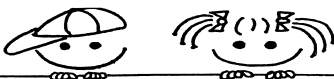




Parenting Corner: *Discipline*



IUSD Early Childhood Learning Center
Early Start * Head Start * Montessori International * School Readiness * Special Education Preschool
(949) 936-5870



DISCIPLINE

"To discipline" means, "to teach". Listed below are some ways to positively and respectfully discipline, or teach, your child.

Distract the child.

Ignore misbehavior.

Structure the environment.

Control the situation, not the child.

Involve the child.

Plan time for loving.

Let go.

Increase your consistency.

Notice positive behavior.

Excuse the child with a time-out.



Helpful Hints

Children do what they see others do. Set the example of how you want your kids to behave. If you want your child to say "please", than say it to them.

Fast Facts

Did you know that during the years between birth and High School graduation, children spend only 15% of their time at school, the other 85% of their time is spent at home!

Supportive Parenting Behaviors

Research has identified four supportive parenting behaviors as being the most important in promoting school readiness and life long success in children:

1) Provide lots of nurturing-

Children need physical affection and emotional support to strengthen their ability to handle new situations.

2) Be very involved-

One-on-one interactions with your child foster enthusiasm, perseverance, and a motivation to learn.

3) Be highly responsive-

Being tuned into the specific and individual needs and interests of our children supports life long success.

4) Be rather demanding-

High expectations for age-appropriate behavior teach children discipline and self-control.

Redirection: Guidelines for Parents

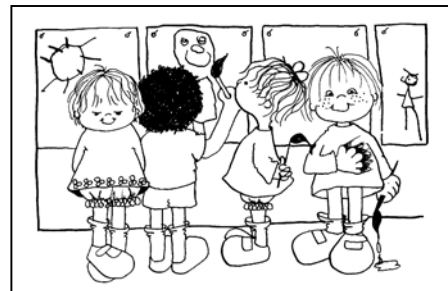
Redirection is a disciplinary technique that helps kids learn appropriate behavior but still maintain their sense of exploration and discovery. Parents can use redirection to prevent personal injury, promote desirable behavior, and reduce negative interactions between their children and themselves.

The two types of redirection are verbal and physical. Verbal redirection tells children what is or is not acceptable. Physical redirection removes children from dangerous activities or locations.

When used appropriately, verbal redirection is a way to express a command or request. Bend down to eye level with the child. Be stern and use a serious face. You want the child to understand that you are not pleased, but you should not yell or make threats. You want to direct the child's attention and behavior to more acceptable activities. For example say, "No standing, please. Chairs are for sitting."

When correctly using physical redirection, parents should touch their child in a nurturing manner to move or direct them. Preschool children are unable to make a connection between harsh physical touch and the danger inherent in an object the want to play with. They do not yet comprehend the concept of danger. They only know that Mom or Dad is unhappy, and that they feel pain and fear from harsh physical punishment. An appropriate way to redirect might be to move the child away from an electrical socket to a safe toy. This may even mean moving into a different room.

The most important thing to remember with any disciplinary technique is to be consistent. If you are inconsistent in your redirection, the child will also be inconsistent in his behavior.



(Family Time Newsletter, NMSU)




Story Time



Here are some great books for preschoolers that deal with cooperation, frustration, anger and misbehavior.

- **One Duck Stuck**, written by Phyllis Root and illustrated by Jane Chapman. This rhyming and counting book is a great way to incorporate language and math concepts with the values of cooperation and helping those in need.
- **Mean Soup**, written and illustrated by Betsy Everett. Horace's mother cooks up an antidote to a bad day in a story that bubbles with excitement and all of the feisty emotion of a frustrated youngster.
- **When Sophie Gets Angry...really, Really Angry**, written and illustrated by Molly Bang. Sophie's temper flares when her sister demands a turn playing with a favorite stuffed gorilla. This brightly colored book suggests no quick fixes and treats childhood emotions with respect.
- **No David**, written and illustrated by David Shannon. David has a hard time following his mother's rules. His antics are getting him in more and more trouble. By the time David breaks his mother vase, she is at her wits end, however she still takes the time to remind him that she loves him very much.

Ages and Stages of Development

	4-year-olds	5-year-olds
Social and Emotional Development 	<ul style="list-style-type: none"> • enjoys playing with other children • seeks adult approval • persistently asks why • still throws tantrums over frustrations • imitates parent of the same sex 	<ul style="list-style-type: none"> • invents games with simple rules • learning to take turns and share • likes physical play but not emotionally ready for competition • plays without constant supervision
Physical Development 	<ul style="list-style-type: none"> • weight: 27-50 lbs. • height: 37-46" • needs 10-12 hrs of sleep • can feed self, brush teeth and hair • hops on one foot • threads small beads • catches & throws ball • stacks 10 or more blocks 	<ul style="list-style-type: none"> • weight: 31-57 lbs. • height: 39-48" • needs 10-11 hrs of sleep • can dress self and often tie shoes • rides tricycle skillfully • cuts on line w/ scissors • can skip and jump rope
Intellectual Development  (Nat.Net for Child Care, 2003)	<ul style="list-style-type: none"> • recognizes familiar words in books or signs • understands the order of daily routines • follows unrelated two-step directions • enjoys songs & rhymes • names at least 6-8 colors and 3 shapes 	<ul style="list-style-type: none"> • understands about 13,000 words • able to memorize address and phone # • drawings represent people, animals, objects • enjoys copying letters • knows a book is read left to right • can sit & concentrate

Helpful Resources

Your Three-Year-Old: Friend or Enemy by Louise Bates Ames, Ph. D., and Frances L. Ilg, M.D. The authors point out that emotional insecurity is often at the heart of a 3-year-olds personality and suggest ways to deal with fears, toilet training, eating habits, and developing language skills. The authors have also written Your Four-Year-Old: Wild and Wonderful and Your Five-Year-Old: Sunny and Serene. Caring for Your Baby and Young Child: Birth to Age 5 by the American Academy of Pediatrics. In addition to health issues, the authors discuss family issues, childcare and dealing with behavior.

For more information on the USD School Readiness Program visit:

www.iusd.k12.ca.us/curriculum/ece/EarlyChildEd.htm

Time Together: Playing board games

Discipline means creating guidelines for children. The word "discipline" comes from the Latin word *disciplina*, which means "instruction". Parents can instruct children through fun activities such as playing games. With your children, choose a game no one has played before. Read the rules of the game. Make sure the children understand the basic rules before starting. Give your children many opportunities to take turns assisting throughout the game. Children may have difficulty controlling frustration if they fall behind or lose. Remind them of the rules of the game, and if they can't calm down gently tell them that the game will be put away until everyone can play without yelling, fighting, or getting mad. Playing games provides parents with a chance to teach their kids about fair play, good sportsmanship and how to win and lose gracefully. Through play, children can learn to be cooperative, respectful and caring.



(Family Time, NMSU)