



CALMING COMMUNITIES COUNSELING & WELLNESS

Discipline Tips



Logical

Consequences should relate directly to the misbehavior so the child understands the impact of their actions. They should be logical and focused on teaching, not punishment.

- **Ex.** If a child slams the door, they lose the privilege to have a door temporarily because they misused it.
- **Ex.** If a child hits someone, they temporarily lose the chance to play with others until they can demonstrate safe and respectful behavior.



Fair

Rules should apply to everyone, including adults in the home, even guests. Consequences should last a *reasonable* amount of time and encourage genuine empathy and responsibility.

- Children should repair the harm they caused in a genuine way.
- Consequences should never be longer than the child's age in minutes for kids under 10, or the duration of the behavior for kids over 10.



Timing

Take a moment to calm down and calmly discuss consequences as parents before enforcing them. Consequences don't always need to be immediate; it's more important to get it right.

