



# Discipline Tools for Kids 5-10

Handouts & Worksheets



## Encouragement



### STEP 1: Describe the Behavior

- “You set the table...”
- “You got dressed without any reminder...”
- “You ate all of your vegetables...”
- “You went potty all by yourself...”

### STEP 2: Label the Behavior

“...that was...”

#### Possible Labels

Independent  
Helpful  
Caring  
Kind  
Brave

Healthy  
Friendly  
Creative  
Cooperative  
Smart

Good problem-solving  
Thoughtful  
Ambitious  
Tenacious  
Proactive



## Positive Directions

**State what you want, not what you don't.  
Especially for kids under 4.**

It's always best to state commands in the positive, but extremely important for kids under 4.

**They do not have the language skills to decipher negative commands.**

You say, "Don't jump on the couch."

They only understand, "Jump on the couch."

**Stay away from:**

Don't

Stop

No

### Examples

**Instead of:**

"Stop jumping on the couch!"

"No grabbing!"

"Don't sit on the ground! It's dirty!"

**Say:**

"You can jump on the floor." OR  
"Couches are for sitting."

"Use gentle hands, please!"

"Ask for a turn, please!"

"Wait for a turn, please!"

"Your turn is next!"

"Stand up, please!"

"Let's stand up."

"It's time to stand up."



## Time to Practice

Name 2-3 common issues for your toddler (climbing on the table, throwing a toy, etc) and give 2-3 ways you can correct your child using positive language (telling her what TO do).

Issue 1: \_\_\_\_\_

Positive Statements: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Issue 2: \_\_\_\_\_

Positive Statements: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Issue 3: \_\_\_\_\_

Positive Statements: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_



# Choices

## Getting Ready

Choose times you want to increase cooperation:

- |  |   |
|--|---|
| <input type="checkbox"/> Getting dressed   | <input type="checkbox"/> Mealtimes              |
| <input type="checkbox"/> Leaving the house | <input type="checkbox"/> Leaving play date/park |
| <input type="checkbox"/> Clean up          | <input type="checkbox"/> Outings/shopping       |
| <input type="checkbox"/> Homework          | <input type="checkbox"/> Chores                 |
| <input type="checkbox"/> Bedtime           | <input type="checkbox"/> Other: _____           |
|  | _____   |
|  | _____   |

Scenario 1: \_\_\_\_\_

How Choices: \_\_\_\_\_

\_\_\_\_\_

Where Choices: \_\_\_\_\_

\_\_\_\_\_

When Choices: \_\_\_\_\_

\_\_\_\_\_



Scenario 2: \_\_\_\_\_

How Choices: \_\_\_\_\_

\_\_\_\_\_

Where Choices: \_\_\_\_\_

\_\_\_\_\_

When Choices: \_\_\_\_\_

\_\_\_\_\_

Scenario 3: \_\_\_\_\_

How Choices: \_\_\_\_\_

\_\_\_\_\_

Where Choices: \_\_\_\_\_

\_\_\_\_\_

When Choices: \_\_\_\_\_

\_\_\_\_\_



## Logical Consequences Steps



### Steps

#### 1. State the consequence

Compliance

#### 2a. Give positive reinforcement

“Thank you for...”

“...that was helpful.”

Non-Compliance

#### 2b. Follow through immediately

...or give 1 warning

Under 3 - Always give the warning ...then follow through

Can move right to 1-2-3 Magic after the warning



## Finding Consequences for Common Struggles

### Find Your Common Struggles:

- |   |  |
|---|--|
| <input type="checkbox"/> Getting up/ready           | <input type="checkbox"/> Bath time               |
| <input type="checkbox"/> Getting shoes on           | <input type="checkbox"/> Turning off TV/Computer |
| <input type="checkbox"/> Homework                   | <input type="checkbox"/> Dinner time             |
| <input type="checkbox"/> Getting in car             | <input type="checkbox"/> Bedtime                 |
| <input type="checkbox"/> Staying at table for meals | <input type="checkbox"/> Putting toys away       |
| <input type="checkbox"/> Eating what is served      | <input type="checkbox"/> Leaving play date/park  |

Other: \_\_\_\_\_  
\_\_\_\_\_

Before giving consequences, is there something else you can use?  
Choices?

### List Consequences

Common Struggle 1: \_\_\_\_\_

Logical Positive: \_\_\_\_\_  
\_\_\_\_\_

Logical Negative: (Make sure they match in Content, Time, and Intensity)

\_\_\_\_\_  
\_\_\_\_\_





Common Struggle 2: \_\_\_\_\_

Logical Positive: \_\_\_\_\_

\_\_\_\_\_

Logical Negative: (Make sure they match in Content, Time, and Intensity)

\_\_\_\_\_

\_\_\_\_\_

Common Struggle 3: \_\_\_\_\_

Logical Positive: \_\_\_\_\_

\_\_\_\_\_

Logical Negative: (Make sure they match in Content, Time, and Intensity)

\_\_\_\_\_

\_\_\_\_\_

Common Struggle 4: \_\_\_\_\_

Logical Positive: \_\_\_\_\_

\_\_\_\_\_

Logical Negative: (Make sure they match in Content, Time, and Intensity)

\_\_\_\_\_

\_\_\_\_\_



## 4 Steps to Better Behavior



### Steps

#### 1. Active Listening

Listen for the emotion and label it

“You seem angry that your block tower fell down.”

Give your child time to answer

Make sure you read the situation correctly

#### 2. Use Empathy

“You worked hard on that and now you have to start over.”

#### 3. I-Statements

Share your feelings and perceptions

“I feel stressed when I hear a lot of screaming. I think you might be really hurt.”

#### 4. Coaching

Invite your child to focus on a solution

“What do you think you could do differently next time?”

If he doesn't have the answer, you can offer some suggestions..

“Stack the blocks more carefully.” “Ask for some help.”

“Be more careful with your hands and feet.” “Ask me to put the dog outside.”

After a couple times, your child will be able to give some answers and will start using those suggestions some and then and eventually more and more



## Humor



### Ways to Use It

#### **Making funny faces**

Imitate his face when he is starting to melt down

“What’s wrong with your face? It looks like this. Go look in the mirror!”

#### **Using silly voices**

Sing like an opera singer or create a voice for your child’s belongings

#### **Get physical**

In a fun way; jump on the trampoline and be silly

#### **Make a game out of it**

The “get ready for bed game”

#### **Use puppets or stuffed animals**

Use them to demonstrate and teach lessons, like social skills & manners

#### **Use silly language**

“Oh poop!” “Stop being a poophead!”

#### **Be outrageous**

If your child has an outrageous request, you can be outrageous right back!

### Pitfall

If child feels you are making fun: stop, apologize & explain your intended purpose