



Discipline Tools for Preschoolers

Handouts & Worksheets



1-2-3 Magic

Steps

1. Initial ask: Tell child to stop (or start) the behavior
 - “Please get started cleaning up your toys.”
 - “Please get off the table.”
2. If child doesn't stop, give the consequence
 - “I need you to start cleaning up by the time I count to 3, or I will put the blocks away for the rest of the day.”
 - “I need you to get off the table by the time I count to 3, or I will have to take you off.”
3. Count to 3 slowly
 - Leave 3-5 seconds between each count
 - Start moving during the count
4. If/when you get to 3, follow through



Example - Child banging fork

Initial ask: “Please stop banging your fork.”

Wait a few seconds. If child is still banging:

Ask with implementing 1-2-3

“I need you to stop banging your fork by the time I count to 3, or I will take your food & fork...1...2...3.”



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



Baby/Toddler Proofing List

For Safety and Sanity

Babies and toddlers are born explorers; keeping the environment open for exploration makes life easier for caregivers and supports healthy development of self-esteem.

Stairs

- 🌿 Baby gates at top and bottom, especially early on or with wood or tile

Kitchen Drawers/Cabinets

- 🌿 Lock up anything sharp or dangerous
- 🌿 Can allow playing with plastic storage containers, pots and pans, wooden and plastic spoons and spatulas if you feel comfortable

Shelving and Other Heavy Furniture

- 🌿 Secure all heavy and unstable furniture to the wall such as shelves, armoires, dressers

Clear/Redecorate Lower Shelves

- 🌿 Remove any dangerous sharp or glass decor, kids love to clear shelves
- 🌿 If this is annoying for you, consider putting your books away for a year or so and replacing with toys and/or children's books

Pad Sharp Corners

- 🌿 Pad sharp table corners and tile steps

Windows

- 🌿 Put window locks on any windows that open more than four inches
- 🌿 Keep window blind cords out of reach at ALL times, there are some cord wrappers available on the market

Outlets

- 🌿 Sliding outlet covers are available for outlets you use often (vacuum)
- 🌿 Outlet covers for outlets that are constantly in use (lamps)
- 🌿 Outlet plugs for those rarely in use



Balcony, Loft, Landing

- ✿ For posts more than 4” apart use banister shields
- ✿ If banisters or walls are low, make sure there are no stools, or chairs available for kids to use to get up on or over the top

Stove Knobs

- ✿ Install stove knob covers or locks to prevent access to burner knobs

Toilets

- ✿ Install toilet locks to prevent little ones from playing in the water and falling in

Door Knobs

- ✿ Install knob locks on rooms unsafe for children:
 - Office
 - Garage
 - Front Door
 - Bathrooms (access to faucets)

Front Door

- ✿ Many options are available to secure the front door:
 - Install a latch/lock up high
 - Door knob locks
 - Locking screen
- ✿ Best, yet at least 2 or all 3 options!

Water Heater

- ✿ Set water heater to 120 degrees or less

Electronics/Computers

- ✿ Put DVD Players, game consoles and any other equipment up high or inside locking cabinets along with the power strip(s)
- ✿ Secure TVs well to walls
- ✿ Keep computers in office with door locks, in locking drawers or up high



Things to Keep Out of Reach

- Plastic bags
- Cleaners
- Medications
- Knives and other sharp objects
- Tools
- Cosmetics
- Electrical Cords
- Lighters
- Matches
- Lit Candles
- Guns
- Weapons of any kind



This list is meant to cover the basics of most homes. Your home may have different items or new technologies that are not covered here.

Baby proofing products are meant to be deterrents; they are not meant to substitute for proper adult supervision. Never leave a child unattended.

Over 100 children a year are killed in unintentional shootings in the United States; most of them due to improperly stored and locked guns in the home. If you have gun(s) in the home, be sure they are properly stored and locked and always out of reach of children.



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:

- Getting dressed
- Leaving the house
- Clean up
- Homework
- Bedtime

- Mealtimes
- Leaving play date/park
- Outings/shopping
- Chores
- 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