

## Learning Self-Management and Self Discipline

Discipline is to teach—not punish.

The goal of parental discipline is to establish the framework for what will eventually become self-management and self-discipline. There are guidance tools that expand across child development.

TODDLER	PRESCHOOLER	ELEMENTARY AGE	ADOLESCENTS
Redirection Environmental Management	Teach the rules Time In—co-regulate  Time Out—behavior training  Engage problem solving  Teach Social “Reading Skills”  Use Imagination & Play  Point out choices  Live your values	Encourage skill building Engage problem solving  Time In—personal responsibility  Time Out—self reflection  Logical & Natural Consequences  Point out choices  Follow-up/Follow Through  Teach your values  Collaborate with other leaders: parents/teachers/coaches	Engage Problem Solving Follow up/Follow Through  Time In/Time Out  Logical & natural consequences (of their choices)  Collaborate with other leaders: parents/teachers/coaches  Confront when values are challenged