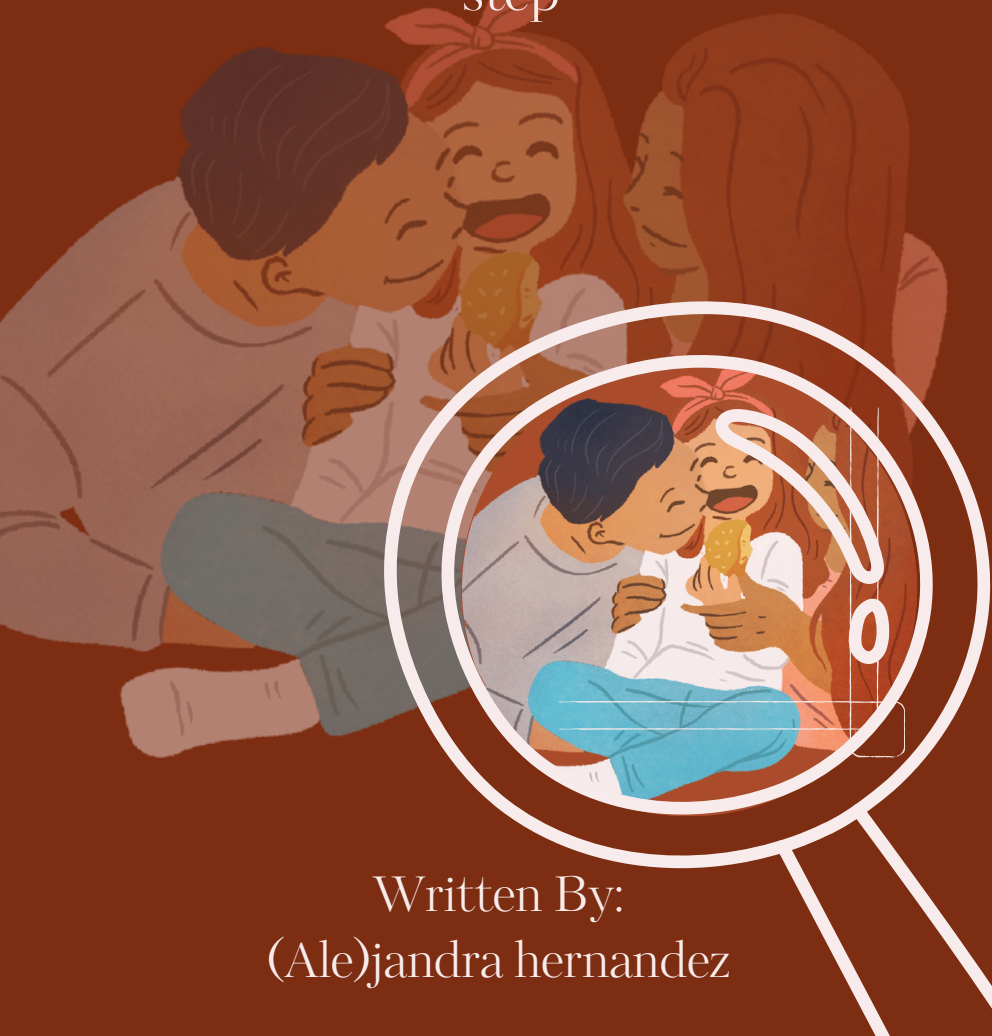


# Discipline made simple

Learn how to set up a boundary step by step



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# Welcome to

## A Beginner's Guide to Toddler Discipline

Welcome to our beginner's guide to toddler discipline! This guide is designed to provide you with a clear understanding of what discipline truly means, how to set effective boundaries, and how to implement these strategies in your day-to-day life with your toddler. Remember, this is just part of your toddler first years; for more detailed guidance, consider checking out our full guide.



# What is discipline?

Discipline is often misunderstood as punishment. However, true discipline is about teaching and guiding your child to develop self-control, respect for others, and understanding of social norms. It's about setting boundaries and helping your child learn how to navigate the world around them safely and respectfully in order to make their life easier but also yours!

# Understanding Boundaries

Boundaries are the Limits that you set to give your child a sense of structure and security. They are essential for helping toddlers understand what is expected of them and what behaviors are acceptable.

## What Does a Boundary Look Like?

A boundary is a clear, non-negotiable limit that you enforce to ensure safety and proper behavior. Importantly, a boundary requires you, the parent, to take action while your child doesn't need to do anything at all.

Boundaries are not requests; they are actions we take to guide our children and ensure their safety and proper behavior.

# Example:

"When you see your toddler climbing on furniture, you take them down and redirect them to a safer activity."

In this example, the boundary is that climbing on furniture is not allowed. Your action is to take your child off the furniture and prevent them from climbing again. The child does not need to follow the boundary willingly; it is enforced by your actions and later learn by your consistency.

# Step-by-Step on how to setting boundaries

## 1. Identify the Key Areas

First, identify the key areas where you need to set boundaries. Common areas include safety, respect for others, and routines (like bedtime and mealtime).

## 2. Explain the reason

Toddlers are naturally curious. Explaining the reason behind a boundary helps them understand its importance. Keep it simple: "you don't climb on furniture because it's not safe and you can fall down and hit your head."

### 3. Follow through

Consistency is key. If you set a boundary, you must follow through every time.

Inconsistency can confuse your toddler and undermine the boundary you're trying to establish.

### 4. Recognize their efforts

If your child displays positive behaviors—like being helpful, kind, a good listener, or staying in their seat during dinner—recognize and reinforce these actions. Offer positive feedback to encourage them. On the flip side, if they show behaviors you'd rather not see, handle it with a bit of finesse. For instance, if your child throws a toy, don't react immediately. Take a moment, then ask, "Hey, what made you throw that toy? Were you looking for a game of catch, or is something bothering you?" then redirect to the appropriate behavior.

# Day to day discipline strategies

## Morning Routine

Start the day with clear expectations. For example, breakfast around the same time everyday.

## Mealtime

Set boundaries around mealtime behaviors, such as sitting at the table or using utensils properly whatever is important for you.

Remember don't set any boundaries around eating, let your child decide when they are full or wheter they want to eat the carrots.



## Playtime

During playtime, set boundaries about gentle play and whether toys can be thrown. Remember, sharing their toys should not be a boundary you enforce. Telling your child "you have to share" can send the message that their desires are less important than the needs of others. Instead, you can tell your child, "Tell your friend that you're playing with that toy right now, but once you're done, they can have a turn."

## Bedtime

Establishing a bedtime routine with a consistent set of steps can help your child anticipate what's going to happen, reducing bedtime tantrums. Additionally, it helps your baby's brain and body get tired around the same time every day.

Discipline is about teaching, guiding, and supporting your toddler as they learn to navigate the world. It's about setting boundaries with empathy, providing consistent and loving guidance, and modeling the behaviors you want to see in your child. By focusing on positive discipline techniques, you can foster a strong, respectful relationship with your toddler, helping them develop essential life skills such as self-control, empathy, and problem-solving. Remember, the goal of discipline is not to punish, but to teach and empower your child to grow into a confident and compassionate individual. So please, please, don't yell at your child for yelling at another child. Remember, be the person you want to see in your child.

"Children are educated by what the grown-up is and not by his talk." —  
Carl Jung

