



## Short Safety Subject

Short Safety Subjects are provided by the Public Safety Business Center, Fort Bragg, NC. Our intent is to provide safety topics for the purpose of increasing safety awareness and improving safety performance. Additional Short Safety Subjects are available on the PSBC Business Management Web Site at:

[www.bragg.army.mil/psbc-bm/PubsAndForms/ShortSafetySubjects.htm](http://www.bragg.army.mil/psbc-bm/PubsAndForms/ShortSafetySubjects.htm)

### Discipline Ideas For Parents



Discipline is a very important part of parenting. It helps children grow in a loving way.

Discipline is not punishment. Punishment is not the way to teach children to behave. It may only teach them to be afraid of you and to hit others.

Physical punishment, such as hitting, spanking or shaking can hurt children. This is abuse.

You can also abuse children with words. For example: when you make them feel unloved, stupid, wicked or hopeless.

Give your children reasonable, limited choices. Limits give children freedom to make decisions.



#### Some Tips for Parents:

- Be reasonable. Do not expect too much..
- When children misbehave, suggest a new activity. Set things up to encourage good behavior.
- Be patient. No one said parenting was easy!
- Tell, don't ask. Tell your children what you want them to do. Don't ask them to do it.
- Offer choices. Making choices is an important part of growing up. For example, let your children choose the clothes they want to wear.
- Set a good example. Children learn by watching.

*Remember, discipline is teaching.....*

*It is one way to show love to your children.*