

# *What is discipline?*

It is your job to teach your child to learn without breaking the rules. Teaching is sometimes called discipline. In fact, discipline means teaching, but it does not mean hurting your child when s/he makes you mad. Do not use a “Too Hard” style of teaching. All of these examples can cause harm to your child’s body, feelings, and the bond you are building with your child. It can even teach them to misbehave more!

Do not hurt your child by:

- yelling at them
- calling them names
- using bad language
- threatening them
- hitting/spanking them
- shaking them -- shaking or hitting your child can cause serious injury or even death. Shaking can rattle a child’s brain so that it hits the inside of their skull, which can cause brain damage, a coma, or death.

Similarly, a “Too Soft” style does not teach your child the right thing either. Ignoring misbehavior, having unclear rules, giving in to your child’s demands, or using no discipline at all are examples of “Too Soft” and can lead to your child:

- having trouble learning right from wrong
- having trouble accepting rules
- becoming spoiled
- getting into trouble
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A “Just Right” method includes:

- helping your child stay busy
- telling your child what to do, not just “don’t do that”
- show them how to act; don’t just tell them
- anticipate when they will be hungry, tired, or fussy when planning errands
- stick to a routine when possible
- care for a child’s needs and your own