

## Giving a CHOICE & CONSEQUENCE

**says to the child:** Either stop the misbehavior or there's going to be a consequence.

### Tips

- The consequence should make sense for the misbehavior.
- Keep your tone of voice firm and calm.
- Give only choices & consequences that you can live with.
- Give the choice one time, then act.

### DISCIPLINE METHOD:

## EITHER/OR Choice

*"Either play without fighting or you can play in separate rooms."*

## The LOVING KINDNESS Meditation

*"May I be happy. May I be well.  
May I be safe. May I be peaceful and at ease."*

## DISCOURAGE

(to remove courage)

### PUT THEM DOWN

1. Do it for them or ignore them.
2. Expect the worst from them.
3. Notice only the negative.

## ENCOURAGE

(to give courage)

### BUILD THEM UP!

1. Build on strengths... one step at a time.
2. Show confidence in them.
3. Catch them doing good.

## Handling Tantrums

- Stay calm.
- Step back.
- Talk gently.
- Hold gently.
- Don't give in to demands.
- Offer a choice.

**"Children need encouragement like plants need water."**

-Rudolph Dreikurs

Supplement this video with the *Active Parenting: First Five Years Parent's Guide* for in-depth explanation of Active Parenting skills and guided practice to help you put them into action.

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