

THE BABYSITTER'S BACKPACK



POSITIVE DISCIPLINE

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FOCUSES ON THE POSITIVE ASPECTS OF A CHILD'S BEHAVIOR BY USING POSITIVE PRAISE TO ENCOURAGE GOOD BEHAVIOR WHILE IGNORING BAD BEHAVIOR.

WHY POSITIVE?

Spanking or yelling can:

- + Harm the child
- + Cause more aggression or violence
- + Strain the babysitter/child relationship
- + Make the child anxious or timid
- + Make the child feel ashamed

Always check with the parents FIRST to find out their rules for discipline.

GRR!!

How I can calm down when I'm angry?

- + Count to 10 slowly
- + Call your parents or guardian for advice
- + Take a few deep breaths
- + Step outside for a minute
- + Listen to your favorite song
- + Read a magazine

Always be sure the children are still in eyesight while using these techniques.

WHAT DO I DO?

- + **Use fun games to encourage good behavior.** *"Let's see how many cars you can clean up and place in the basket while I count to ten."*
- + **Praise the child when you see good behavior.** *"I like the way you put the books away" or "Thank you for listening."*
- + **Be consistent and firm so the child will know what you expect.** Children behave better when they understand the rules and know what will happen if they break the rules.
- + **To prevent temper tantrums, help the child transition to a new activity with a reminder.** *"In three minutes we will need to clean up the toys, so we can have lunch."*
- + **If the child throws a tantrum but is safe and not causing harm,** ignore the behavior and eventually the child will stop.
- + **However, DO use consequences for misbehavior or breaking rules.** *"If you throw the stuffed animal again, I will have to put away the stuffed animal for the rest of the day."*
- + **If the child begins acting out, distract them with another activity or redirect attention to something new.** *"Let's play with this doll instead. Help me pick out clothes for her."*
- + **Give the child a do-over.** *"I know you will remember to play gently with the blocks and not throw them at others. Let's try playing with the blocks again."*
- + **For ages 2-6, try a time-out.** Have them sit in a quiet, safe place (add 1 minute per year of age). At the end of time out, explain what behavior you would like to see instead.

RESOURCES

Positive Parenting Program
www.triplep.net

National Association for the Education of Young Children
www.naeyc.org

Parent Child Interaction Therapy
www.pcit.php.ufl.edu

American Academy of Pediatrics
www.aap.org

1-2-3 Magic: Parenting Solutions Using Positive Discipline
www.parentmagic.com

Safe Child
www.safechildnc.org