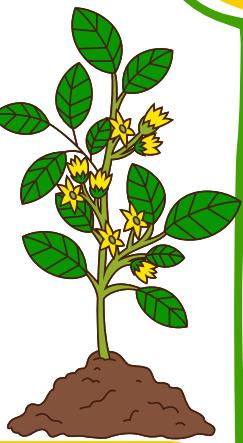


POSITIVE DISCIPLINE

FOR YOUNG CHILDREN

Guide & Teach, Don't Punish

- Discipline is about teaching, not hurting.
- Builds trust and helps kids learn self-control, problem-solving, and respect.



Helpful Tools

- ✓ Praise positive behaviour
- ✓ Use “yes, with limits” instead of just “no”
- ✓ Get kids involved in solutions
- ✓ Be consistent and kind



Support & When to Seek Help

- Discipline is not always easy – it's okay to ask for help
- If you feel stress or worry about your relationship with your child, speak to a health provider

Connect First, Then Redirect

- Pause: Is your child hungry, tired, upset?
- Connect: Stay calm, acknowledge feelings.
- Redirect: Use clear, short words and show what to do, not just what not to do.



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