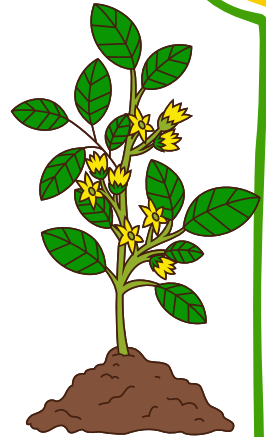


POSITIVE DISCIPLINE FOR YOUNG CHILDREN

Guide & Teach, Don't Punish

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



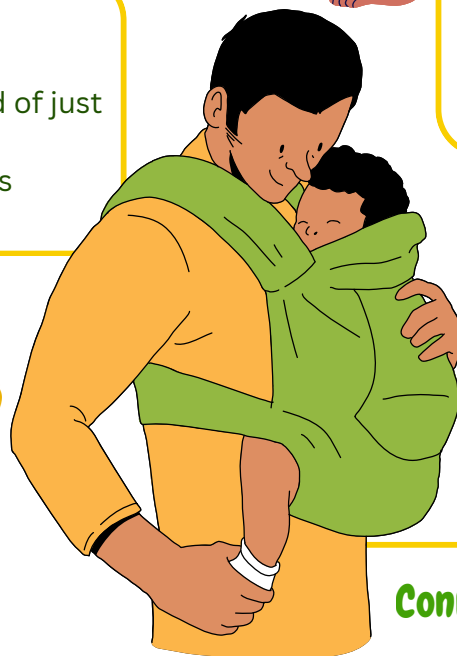
Time-In vs. Time-Out

- **Time-In:** Sit together, talk about feelings & choices.
- **Time-Out:** Only if needed, short and calm. Not for kids under 3.



Helpful Tools

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



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.

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



Speech-Language Pathology
UNIVERSITY OF TORONTO

