



TALK LINE
FAMILY SUPPORT CENTER

Important Guidelines for Teaching Children Discipline

It can be challenging for parents when children misbehave. But it is important to remember that what counts is not how your child behaves now, but how your child turns out in 5, 10, or 20 years.

- **Remember the reason for discipline.** Discipline helps children develop self-control and learn ways to correct undesirable behavior. Discipline also helps children feel secure and guides them into adulthood.
- **Discipline is best taught by example.** Children will do what you do—not necessarily what you say. If you want your child to follow rules, control anger, and solve his/her own problems, set a good example for your child.
- **Children learn self-control when their parents use consequences for misbehavior immediately, consistently, and decisively.**
- **Discipline is more effective when you tailor it to your child's developmental age.** Become informed about child development so that you are able to understand what your child is capable of doing.
- **If your child misbehaves, address him/her in a calm, consistent manner. Clearly explain to your child the problem and the correct behavior.** Praise your child if he/she stops the behavior, and if not, follow through with an appropriate consequence.
- **Spanking and hitting are NOT effective discipline tools.** Spanking or hitting may work in the moment, but they will not teach children self-control in the long run. Spanking and hitting teach a child that it is okay to hit people, and also make children angry so that problem behavior might become worse. Spanking, hitting, or shaking a child might seriously injure that child.
- **Positive and effective discipline isn't easy. Get support from family and friends or call 415.441.KIDS (5437).**



Thanks to:

[Prevent Child Abuse America](#)
and [Prevent Child Abuse Texas](#)

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