

# 30 Positive Discipline Strategies

- 1 Set appropriate limits
- 2 Keep the rules simple and avoid lecturing about rules being broken.
  - a. Be Safe.
  - b. Be Responsible.
  - c. Be Kind.
- 3 Give limited choices
- 4 Disapprove of the behavior, not the child
- 5 Use "I" messages
- 6 Practice active listening
- 7 Tell kids to "use your words."
- 8 Avoid mixed messages
- 9 Maintain consistency
- 10 Apply the "cut off technique"
- 11 Check in

- 12 Role model appropriate behavior at all times
- 13 Use simple body language
- 14 Avoid provoking a child to lie
- 15 Set a routine and have daily structure
- 16 Teach pro-social skills
- 17 Avoid making everything a battle
- 18 Don't punish entire class for one child's actions.
- 19 Follow through on promises to build trust
- 20 Problem solve
- 21 Apply close proximity when needed
- 22 Divert, distract, and substitute an activity
- 23 Avoid negative or harsh statements
- 24 Offer sincere praise
- 25 Try it again or wipe the slate clean...  
no grudges.

- 26 Avoid using I wish, I hope or other words that imply there is a choice
- 27 Set up a tattle phone in the class and an emotions center.
- 28 Let a child cool down or remove themselves from a "heated situation" to regain composure.
- 29 Have a tidy, inviting, clean, orderly environment
- 30 Let children resolve their own issues.