**Positive Discipline by Age**

**Attention! Th‑e discipline methods you use with your children should be according to their ages and stages of development**

**Children from birth to 3 years old**

* Always supervise your children
* Stop difficult behavior with a clear and firm voice.
* Distract your children with other things.

**Children from 3 to 8 years old**

* Explain repeatedly your rules and the expected behaviors.
* Give one command at a time; use clear voice and keep it short.
* Ignore behaviors that are not dangerous.
* Distract children with something different.
* Use “when” and “then” not as a threat.
* Use time-out to calm children down: Use 1 minute for each year of age.
* Ignore the children in time-out.
* Use natural and logical consequences to teach about consequences of behaviors. Use them immediately after the misbehavior.

Examples:

1. A child breaks a toy and doesn’t get another one.

2. A child colors the wall and has to clean it up.

* Take away some privileges according to the children’s ages.
For example:

Age 3: Fights repeatedly in the sandbox. Stops going to the playground.
Age 4: Drops sister’s doll in the toilet. Can’t play with sister’s toys.
Age 5: Sits on older brother. No stories at bedtime.
Age 6: Rips up a sibling’s puzzle. Stays indoors while sibling plays outside.
Age 7: Talks back to parents. Doesn’t watch favorite TV show.