



## Disciplining your child

How do you keep a one year old from heading toward the computer cords? What should you do when your preschooler throws a fit? How can you get a teenager to respect your authority? Whatever the age of your child, it is important to be consistent when it comes to discipline. If you don't stick to the rules and consequences you set up, your child is not likely to either.

**See reverse side for more about age-specific discipline techniques.**

# Discipline varies by a child's age

- **Age 0-2:** Eliminate temptation by keeping items such as wires, jewelry, cleaning supplies, and medications out of reach.
- **Age 3-5:** As your child begins to understand the link between actions and consequences, start to explain family rules.
- **Age 6-8:** Consistency and follow-through are crucial. Kids need to believe that you mean what you say.
- **Age 9-12:** As kids mature and request more independence, teach them to deal with behavior consequences.
- **Age 13 and up:** Don't let your guard down. Teens still need and want you to set limits and enforce order in their lives.

In the end, mutual respect between the child and adult is critical. In order for children to learn, respect must be present at all times.

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