

4. How do you get younger children to follow rules?

It's important to give clear, consistent commands and to follow up with specific praise when commands are followed. They may forget the rule after you've given it to them, and it's okay to restate the rule and to wait for them to follow through. Children learn through play, and we are able to teach them how to follow rules through playing games. For example, Simon Says is a game that is literally teaching kids when they should follow a rule versus when they're allowed to do their own thing. They're reinforced by winning the game or getting to stay in the game longer. Give a lot of praise after they follow a rule. If you have a child who struggles with following the rules and there are other children around, you can praise the other child that is following the rule, and as soon as you see the child that wasn't listening follow the rule, you also give them the same praise.

RULES

5. Do "time-outs" work?

If implemented as they were designed to be implemented. The key to a timeout is they are used for very specific behaviors like aggression or destruction of property. They are not there to cool or calm down, or to think about what they've done. They are simply being removed from the setting to be safe. Timeouts are time limited: no more than five minutes. A child should be removed from all distractions. They shouldn't occur where there are things that are exciting or that could distract them. Nobody should talk to them during a timeout. Most importantly, when it's over, the consequence is over. The child returns to the environment where they were before and allowed to engage. Praise those appropriate behaviors as soon as they get back into play.

**Answers by Dr. Carothers,
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HOW TO GET CHILDREN TO BEHAVE

5 Questions Answered by a
Child Psychologist



1. What is the difference between discipline and punishment?

Discipline is focused on teaching forward behaviors. If a child is engaged in a behavior that needs to be corrected, tell them what to do or the opposite of that: "Please walk." "Please sit." Use appropriate language with punishment. The consequence of behavior must teach what the child should be doing, not that you are angry with them. Our children are looking to us to learn what they should be doing and what to do next.



2. What is positive discipline for kids?

It's more about parents' ability to regulate their own emotions before giving consequences or disciplinary practice. If your child has done something that pushes your buttons, and you engage in a harsh reaction because you are angry or dysregulated by what they've done, you're less likely to give them a disciplinary practice that teaches them what to do the next time. A positive discipline strategy is to be aware of what their moods and emotions are. Calm down before implementing consequences.



3. My child never listens. What should I do?

As a parent, it is really common to feel or to believe that your child never listens. There are likely certain circumstances when you find that your child is less likely to listen to you. Ask yourself: Are they engrossed in a screen that it's really hard to take their eyes away? Do they understand what I'm asking them to do? Once you've figured out the specific situation, then you can figure out the why and what to do next. Be consistent. If your child learns that you won't follow through, they are less likely to listen. Be positive, consistent, and always praise the behaviors that you want to see.

