



## ***5 Discipline Don'ts***

Combatting poor behavior before it begins

## ***What's Your Style?***

Balancing support and control

## ***Did you know?***

Stats that show you're doing just fine

## ***Mr. Personality***

Tuning in to your child's unique temperament styles

## Learn these 5 Discipline "Don'ts"!

**1** **Don't Yell!** It only teaches that it's okay for him to lose it too.

**2** **Don't Offer Empty Threats:** They will stop taking you seriously.

**Don't Fail to Set Rules:** It's not fair and sets them up to fail.

**4** **Don't Bribe!** It only works the first time.

**Don't Spank!** It only makes a child more aggressive, not better behaved.

**5**

Read David Sparrow's full list of *10 Discipline Don'ts* [here](#)

## What's Your Parenting Style?

Find out more [here!](#)



**57%** of parents have 'misplaced' their child at one point

**91%** of children regularly try to get out of eating their food

**35%** of kids have made online purchases without permission

**88%** of children draw on things they know they aren't supposed to

# Understanding Temperament

## Tuning in to Temperament

*Every child is born with his own individual way of approaching the world. Using the five main categories of temperament described below, you can better understand your child's behavior and personality.*



<b>Activity Level:</b> To what extent a child uses physical skills to learn and explore the world.	<b>Watchers</b> are happy to hang out and play quietly. -Respect their pace and style. -Add movement to activities they already enjoy.	<b>Movers &amp; Shakers</b> always seem to be on the go, reaching and exploring. -Offer lots of opportunities for safe, active, exploration. -Don't expect them to sit still for long.
<b>Sociability:</b> How children approach social situations and interact with other children and adults.	<b>Slow to Warm Up</b> Kids are cautious around new people. -Be their home base. -Pair with another child who is a bit more outgoing.	<b>Glad to Meet You</b> Kids are usually eager to approach new people. -Provide lots of opportunity for social interaction. -Step in when needed.
<b>Coping with Change</b> How they cope and tolerate everyday, and larger, changes.	<b>Keep it the Same</b> Kids are very inflexible in their routines. -Use familiar objects at transitions. -Ease into new activities.	<b>Go With the Flow</b> Kids adapt pretty well wherever you take them. -Offer a variety of experiences. -Be sensitive to their signals.
<b>Frustration Tolerance:</b> How likely a child is to stick with a problem or challenge in order to find a solution.	<b>Easily Frustrated</b> Kids tend to get upset and give up easily. -Help children learn to wait. -Help them cope with frustration. -Use humor.	<b>Persistent Children</b> don't 'lose it' when they don't get their way and keep trying. -Join in their play. -Let them know its ok to need help. -Look for fun, challenging activities.
<b>Emotional Reactivity:</b> How children communicate their feelings and opinions.	<b>Low Reactors</b> are less intense, rarely fuss, and are more difficult to engage. -Create interactive games. -Get their attention.	<b>Big Reactors</b> tend to tell the world how they feel with a loud, clear voice. -Use softer music and lighting. -Physically comfort child in distress.

**Want to learn more about Understanding Temperament?** Tune in to our FREE webinar live on Wednesday, January 18th from 1:00-2:00pm. To register [CLICK HERE](#). For questions, contact Brenna Wade at [BrennaW@va.childcareaware.org](mailto:BrennaW@va.childcareaware.org) or by calling 1 (804) 285-0846



1-800-CHILDREN is a statewide, toll-free parent helpline! Call specialists give guidance on everything from how to change a diaper, to understanding developmental stages of childhood, to parental stress.

Parenting is tough!

It's okay to ask for help!



### S.T.O.P. Your Parent Tantrum

**Stop!** catch yourself  
stop acting, speaking  
think of stop trying to discipline.  
a key phrase to get you to stop.

**Time Out** pause  
count, look away, leave the room  
plug your ears or call a friend

**Organize** your thoughts  
what can what is the reality right now?  
you say or do to prevent hurt or shame?

**Plan** once you're calm  
what triggered this?  
when will you know to stop next time?  
what will you do to prevent this situation?

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