

CARING DISCIPLINE

# CORRECTION FOR NOT-MINDING BEHAVIORS

## *How to Give a Command*

1. **Give a choice** instead of a command if at all possible. If the child refuses to act on either choice, you must make the choice for him.
2. If you cannot give a choice, **describe** the situation.
3. Whatever kind of command you give, concentrate on using a **positive** tone of voice.
4. **The fewer words the better.** One word is often the best of all.
5. Give **lead time** if at all possible.
6. **Be reasonable** in the type and number of commands you give.
7. Be sure you can **follow through** with the correction. Otherwise, do not give the choice or command.
8. **Do not respond to self-indulgent behavior.** Do not get emotionally hooked by responding to arguments or accusations.
9. **Avoid turning this correction into a personal power struggle.** Give as little emotional attention as possible. Especially avoid eye contact with the child.

***Non-parents need special permission to use the physical assist correction, with the exception of standing close to the child.***

## *Physical Assist*

1. State the choice or command only **once**.
2. If the child does not mind the first time, do something that physically involves you with the child. **Use the least amount of physical intervention necessary.** –  
**OR –**

## *Broken Record*

1. **Tell the child what you want to have happen.** Give the command as many times as necessary in a calm, firm voice. Alternate commands with silence.
2. **Use as few words as possible.** One word is often best of all.
3. The **physical assist** of placing your body close to the child may be helpful.

**REMEMBER NOT TO SABOTAGE YOURSELF**

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# CORRECTION FOR SELF-INDULGENT BEHAVIOR

1. **Ignore** if the behavior is merely irritating. Remember to ignore both verbally and nonverbally,

— or —

2. If the behavior is infringing on your rights, give the **either-or choice**:

“You can either choose to ... ” (stop the self-indulgent behavior)

— or —

“You can go ... ” (be self-indulgent somewhere else).

3. You may have to use the **broken record** or **physical assist** if the child switches to a not-minding behavior. Remember to keep ignoring the child’s self-indulgent behavior as you carry out the broken record or physical assist correction.

***Non-parents need special permission to use the physical assist correction, with the exception of standing close to the child.***

4. As soon as the child makes the choice to stop the self-indulgent behavior, be pleasant and cheerful with him. Do not mention it again.

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