



GUIDANCE INSTEAD OF DISCIPLINE: THOUGHTS FOR PARENTS

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Even at the youngest age, your child wants to do what is expected, because she loves you and wants to be just like you. She also has a powerful inner drive to adapt to the world around her, including the world of your home, and to do so she needs to know what the rules for life are. She looks to you, her parent, to show her.

You may find that the more guidance you offer a child, the less often you will have to discipline. To start, ask yourself, *What do I want to model for my child and show her how to do, so that she can become a cooperative, competent, and contributing member of our family?*

First of all, be the model for the expected behavior. If you do not want your child to leave the dinner table in the middle of the meal, then you should not leave the table to check your phone. If you do not want your child to yell, then don't yell yourself.

Second, show your child what is expected; show him how to do it. Let's say you want to give him the task of sweeping the floor. By the way, your child already does this at his Montessori school, so it's not unfamiliar. But while he may have seen and used a broom and dustpan at school, you should still demonstrate the task at home. Where the broom is stored will be specific to your home, as will the location of the trash can and how it operates. (Can the child hold the dustpan and open the trash can