

4 Tips to Encourage Self-Discipline in Kids

Self-discipline is a skill that your child can use to control their behavior.

With self-discipline, your child can make better choices at school or when they're hanging out with friends.

Here are four tips to encourage self-discipline in kids.

One: Praise the behavior you like. So, for example, compliment your child when they share a toy. Or celebrate with them when they feel happy about something they've done.

Two: Be a role model. Show your child how you practice self-discipline. To help your child settle conflicts without fighting, share how you handled a problem with a coworker.

Three: Stay calm. Try to respond to an action without anger or high emotion. Encourage your child to talk about what happened. This can help your child trust you and avoid hiding things from you.

Four: Let your child make a mistake. Mistakes teach children the effect of a decision. It can be hard to let a child fail. But you can help them learn by talking and asking questions about their mistake, without shaming them.

So that's four tips.

Praise behavior you like. Be a role model. Stay calm. And, let your child make a mistake so they can learn what they could do differently next time.

Encouraging self-discipline now is key to helping your child make better choices, handle their mistakes, and set themselves up for success.