

7 Ways to Use Loving Discipline With Toddlers

Discipline may seem like a big word for a small child.

But using loving discipline can teach your child how to behave.

Here are seven ways to use loving discipline with toddlers.

One: Stay calm.

It's not easy.

But when your child has a meltdown or a temper tantrum, try to ignore it.

If you react to it, your child may repeat the performance in the future.

Wait until the outburst is over to soothe and comfort your child.

Two: Set limits.

Setting limits helps your child feel secure.

And do your best to stay consistent.

This means that no matter how you're feeling or how your child is acting, the rules still apply.

Three: Be firm.

But also be kind.

Using harsh language can cause emotional harm.

And it's never okay to spank your child.

Physical punishment just doesn't work to manage a child's behavior.

Instead, try number four.

Use consequences.

If your child writes on the wall with crayons, have your child help you wash the wall.

Or if they throw ice cream on the floor, they're not allowed to have more.

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And they still have to clean it up.

Five: Redirect.

Redirecting means you distract your toddler or shift their focus when they misbehave. For example, instead of saying "Stop running in the store,"

say "We walk in the store, but you can run on the playground."

Six: Build your child's self-esteem.

You can do this by reassuring your child that it's the behavior you don't like, not them.

Seven: Try parenting classes.

Whether this is your first or your fifth experience with a toddler, you can learn something new from an expert or other parents.

Ask your doctor or call area schools to find effective parenting classes in your area.

So that's seven ideas: Stay calm.

Set limits.

Be firm, but be kind.

Use consequences.

Redirect.

Build self-esteem.

Try parenting classes.

Toddlers are busy exploring and learning.

Some days it may feel like all you do is keep your child out of trouble.

But it's also a time of delight as your child grows into their own unique person.

You can do this.

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And if you ever feel like you can't, you can always call a friend, your doctor, or relative for support.

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