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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

10 Positive Discipline techniques for children

By Kenia Morales

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Do you feel your child is out of control? Punish him or her often and get no positive results? It might be your discipline strategy that is not working. Try using positive discipline techniques which are highly recommended by the child development professionals and see the changes in your child's attitude. See him or her actually making efforts to cooperate with you.

- 1.Let child know what you expect from him or her.
- 2.Let child express feelings, even crying.
- 3.Redirect children to other games,you,toys etc when misbehaving.
- 4.Praise child's efforts and improvements.
- 5.Offer child simple choices.
- 6.Be reasonable.
- 7.Make deals.
- 8.Be flexible.
- 9.Time out
- 10.Be reasonable and patient - Always keep in mind that children can not behave like adults. So make sure your expectations are not too high

Kenia Morales is the publisher of online magazine <http://kpatra.com> "For Every Aspect of Today's Woman. Visit her site to find a variety of women related issues and topics" click here <http://www.kpatra.com/keniascolumn.htm> to find Kenia's little piece of heaven her inspirational column

8 Steps To Good Child Behaviour!

By Amy A.May

1. **Establish House Rules** Make simple rules for your child. Start with a few things we do and don't do. Discuss them with your child.
2. **Prevention Is Better Than Cure** If you feel that your child's behaviour is beginning to get out of control, nip it in the bud by distracting your child's attention onto a positive activity or game.
3. **Understand Your Child's Behaviour** Define simply and clearly any difficult behaviour. Keep a diary of what led up to the behaviour and what immediately followed it. From this, see if there is a pattern. What are the triggers and consequences which might be keeping the behaviour going? DON'T blame yourself but work at changing your responses.
4. **Discipline With Short Time-Outs** Try to view discipline in a different way e.g. if a rule is broken, discipline with a time out a short, quiet time alone, without play. Alternatively ignore minor behaviour difficulties as your attention will often inadvertently encourage the very behaviour you want to stop.
5. **Take Five** When tensions and anger rise in you or your child take five. Take five minutes to cool down and to ask yourself, Why am I getting so angry? Try to identify the real problem, then find the solution. Always control your temper.
6. **Never Strike In Anger** Research has shown that hitting your child does not help, and can do more damage. Try to avoid striking your child in anger. Smacking is not effective in reducing poor behaviour, as it does not teach children good behaviour.
7. **Don't Yell or shout at children** Try to avoid yelling at your children in anger. Do not put down your children. If they break a rule, tell them what they did wrong and why that makes you angry. Be angry at what they did, NOT at who they are.
8. **Get Away** When you feel frustrated, angry or uncontrollable, let your feelings out safely away from your children. Get out. Take a walk. Do not stay alone with your children when you are overwhelmed. Get help and support.

How to foster good Child Behaviour at



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