



Thoughts for Tots "Q"

Parent Education Network 500 W. Lott St, Suite A Buffalo, WY 82834
Toll-free 1-877-900-9736 or (307) 684-7441; Website: www.wpen.net

Raising Well-Behaved Children Is No Accident

The responsibility for teaching children social skills and discipline clearly belongs to the parents. Disciplining children takes time and effort and requires that parents be consistent. Unpleasant behaviors are easily noticed and are often difficult to handle. Such behaviors need to be corrected immediately. Parents often take their children's good behavior for granted; however, even good behaviors are *learned* behaviors. Disciplining children is not only about stopping incorrect behavior; it is also about encouraging good behavior. The most powerful influence on a child is the example his/her mother and father set.



What kinds of good behaviors should parents expect from their children?

- **Respect** means caring about the rights of others, thinking about others in a positive way, and not taking advantage of them.
- **Kindness** means caring about the feelings of others and being concerned about their comfort and safety.
- **Honesty** means telling the truth, being trusted by others, and caring enough to do the right thing.
- **Courtesy** means being polite and kind to others, showing appreciation for the kindness of others by saying "please" and "thank you", not talking when others are talking, and being quiet in public places.
- **Cooperation** means helping with age-appropriate chores around the house with or without being asked. The willingness to help comes from the desire to please and to think of the needs of others before our own.

Source: Unell, Barbara C. and Jerry L Wyckoff, 20 Teachable Virtues



What Can Parents Do to Help Their Children Be Well-Behaved?

- ✓ Always model the kinds of behaviors you want your children to show-- courtesy, kindness, respect, etc.
- ✓ Whenever possible, teach rather than punish. The goal of discipline is to teach children correct behavior. Hitting children does not teach correct behavior. It teaches children that hitting is a way to solve problems.
- ✓ View children's misbehavior as a mistake in reasoning. Doing so will make it easier to think of ways to teach more acceptable behavior.
- ✓ Whenever possible, make punishment relate to misbehavior. If a child hurts someone's feelings, the child should apologize. If the child makes a mess, she/he should clean it up.
- ✓ Have behavior rules, but make sure they are few in number, reasonable, and suitable for the child's age and development.
- ✓ Make sure that punishment for misbehavior is practical and clear. Tell your child, for example, if she interrupts you when you are on the telephone, she will have to spend time (like 3 minutes) alone in her room.
- ✓ Don't argue or nag children about rules. If a rule is broken, remind the child of the rule and the consequence. When you give a command, speak in a firm voice, and repeat the command only twice. Do not yell.
- ✓ Show your children the manners you expect at home first. This includes table manners, courtesy, patience, and being quiet when others are speaking. Manners are a part of respecting and caring for the feelings of others.

Source: "Ten Guidelines for Raising a Well-Behaved Child", Prevent Child Abuse Wyoming info@pcawyo.org 1-800-CHILDREN

Over and over again, parents must teach their children appropriate manners and ways of behaving both at home and in public. Parents must not be afraid to be the grown-up and the one who disciplines. Parents need to set reasonable rules of behavior, explain the rules to the children, and then enforce the rules. If parents don't do this, their children will behave badly and often be in trouble for their misbehavior. Children not only need, but also want rules to guide them. Too much freedom is frightening. Setting and enforcing rules tells children that their parents love them and care about their well-being.

