

5 Simple Discipline Tips

Is your child's whining driving you nuts? Are you ready for the winter break to be over, so your kids can go back to school? As a mom, I feel guilty feeling this way, but I can't help it. I wish that my kids did not fight and that everyone could be happy and enjoy each other all of the time. But, the reality is that it is cold and rainy outside and we are all indoors together, so the kids fight and whine. What is a parent to do?

Here are 5 quick discipline techniques for parents when kids start to act up. Whether it is a temper tantrum, a broken vase or a full blown brawl, the following steps will help keep you sane:

- Remember that kids will do whatever gets your attention, so pay attention to them when they are behaving, not when they are misbehaving! Yelling, lecturing and spanking are all forms of attention. Try hugging, holding and praising when your child is behaving and you will find that the misbehaving while lessen.

- If you don't like it when your child whines, don't yell about it. Rather explain that when they whine, it bothers you and you will ignore them until they can speak to you in a calm and kind way.

- When siblings fight, don't get in the middle. Before things get physical, calmly separate them into different rooms and have them read or play quietly by themselves. Do this every time they fight.

- Do not spank, hit or yell at your child if they misbehave. Take deep breaths and take a time out for yourself while they have a moment to themselves.

- Focus on the time that your child is behaving, not the alternative. Would you want someone to point out all of your faults constantly? Tell them often how well they are behaving (when they are) and you will all find it easier to enjoy each other.

For more information on positive discipline techniques:

The Aware Parenting Institute at www.awareparenting.com

The Foundation for Healthy Family Living at www.healthyfamily.org

The Center for Effective Discipline at www.stophitting.org

Parenting Without Punishing at www.nopunish.net