



Discipline Do's and Don'ts Checklist

DO – Respond quickly to an infant's cries.

DO – Remember that infants cry to communicate a need – never to annoy or bother a caregiver.

DO – Try various ways to respond to an infant's cries. She may be hungry, tired, or uncomfortable!

DO – Give older infants and young toddlers a safe environment to explore.

DO – Stay positive and confident with an infant who is experiencing separation anxiety.

DO – Turn a 'no' into a 'yes' by offering choices and empowering a toddler.

DO – Have patience with and expect that temper tantrums are a normal part of child development.

DO – Help children understand that it's okay to have big feelings.

DO – Use natural consequences to help a child learn right from wrong.

DON'T – Shake or use physical violence to quiet a crying baby – ever!

DON'T – Use consequences or punishment with infants.

DON'T – Leave small or unsafe objects within an exploring infant's reach.

DON'T – Use unnatural consequences and punishment (like timeout) as a first response with toddlers.

DON'T – Try to stop a temper tantrum or shame a child out of having a temper tantrum.

DON'T – Use physical punishment on any child, even if the host family does.