



## *Managing your child's behaviour*

- 1 Model behaviours you would like to see in your child.
- 2 Notice good behaviours and praise them.
- 3 Ignore or redirect bad behaviour unless it is unsafe.
- 4 Understand your child's current development level, set clear and realistic expectations and limits.
- 5 Build structure and routines in your child's schedule.
- 6 Use discipline strategies to guide and teach instead of punish.
  - a. Time out
    - Warn your child first, "If you don't stop, you'll have a time-out."
    - Name the behaviour (i.e., "don't hit").
    - Have your child go to a quiet place, like a corner of a room, not the bedroom or a play room.
    - Start the timer—1 minute for each year of age. For example:
      - 2 years old = 2 minutes
      - 3 years old = 3 minutes
    - If your child leaves the time out area, have him go back. If he throws a tantrum during time-out, ignore it unless there is danger of harm.
    - Restart the timer. Explain that he needs to "stay put" until it's over
  - b. Reward system
    - Have 1 or 2 simple, positive goals
    - Use material rewards sparingly
- 7 Be calm and consistent when disciplining your child.
- 8 Be prepared—anticipate and plan for situations and your child's behaviour.
  - Prepare your child for difficult situations and how to manage his behaviours
  - If you anticipate your child may get hungry, bring snacks, or if he will be bored, bring some materials to entertain him.



### *Tips for giving instructions to your child:*

- Be short and concise
- Use 'please' and 'thank you'
- Do not phrase the instruction in a question
- Get his attention before giving instructions
- Praise your child for following instructions

### *When things are not improving :*

- Is he getting enough sleep?
- Does he feel safe? – he needs a routine to have a sense of safety and control
- How are the relationships with the people he loves?
- Did something stressful occur recently?
- How are you doing in all these areas?

(Reference: AAP: Bring out the best in your children)

### *WHAT NOT TO DO ?*

#### 1. Physical punishment

According to the American Academy of Pediatrics (AAP), parents and caregivers should not spank or hit their children.

This often increases aggression and anger in children.

It teaches that causing someone pain is OK if you're frustrated—even with those you love. Children who are spanked may be more likely to hit others when they don't get what they want.

#### 2. Verbal abuse

Yelling at children and using words to cause emotional pain or shame also has been found to be ineffective and may lead to more misbehaviour and mental health problems in children.



## Healthy & Effective Discipline Tips by Age/Stage

### 6-12 months

- Set examples of behaviour you expect.
- Use positive language to guide your baby. For example, say, "Time to sit," rather than, "Don't stand."
- Save the word, "no," for the most important issues, like safety.
- Talk with your partner, family members, and child care provider to set basic rules that everyone follows.

### 12 months – 3 years old

- Pay attention to and praise behaviours you like and ignore those you want to discourage. Redirect to a different activity when needed.
- Tantrums can become more common as your child struggles to master new skills and situations. Anticipate tantrum triggers, such as tiredness or hunger, and manage them with well-timed naps and meals.
- Teach your toddler not to hit, bite, or use other aggressive behaviours. Model non-violent behaviours by not spanking your toddler and by handling conflict with your partner in a constructive way.
- Stay consistent in enforcing limits. Try time-outs.

### 3 – 6 years old

- As your child learns appropriate behaviour, expect him to continue testing the limits of parents and siblings.
- Begin assigning age-appropriate chores, including putting the toys away. Give simple, step-by-step directions or instructions. Reward with praise if well-executed.
- Allow your child to make choices among acceptable alternatives, redirecting and setting reasonable limits.
- Teach your child to treat others as he wants to be treated.
- Explain that it's OK to feel angry sometimes, but it is not right to hurt someone or break things. Teach him how to deal with angry feelings in positive ways, such as talking about it.
- To resolve conflicts, use time-outs or remove the source of conflict.

Source: American Academy of Pediatrics

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