



Discipline and Your Child

Wouldn't it be wonderful if our children were always well-behaved and we never had to worry about discipline? In reality, however, we know that discipline is one of the necessary, if sometimes unpleasant, parts of our job as parents. Discipline is a necessary part of child development.

Children Need Discipline

Children need discipline to protect them from danger, to learn how to get along with others, to learn acceptable and appropriate behavior, and to learn that society has certain common rules that everyone is expected to live by. Discipline also helps children learn to think in an orderly fashion and to understand the logical consequences of their actions. Most important, positive discipline helps a child learn self-control, which builds healthy self-esteem.

Parents and School Discipline

The discipline a child learns at home is the foundation for behavior at school. Be familiar with your school's discipline policy. If your child's teacher reports a discipline problem, talk with your child and the teacher to work on a solution together.

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Discipline Tips for Parents

- Emphasize “do’s” rather than “don’ts.”
- Put limits on your child’s behavior, but be careful not to make too many rules.
- Be consistent. A predictable environment helps children to feel safe, since they know what to expect.
- Keep a sense of humor. It helps you keep a proper perspective about what is really important.
- Praise your child’s accomplishments.
- Listen to your child and help him or her work through a problem.
- Encourage independence. Let children make their own decisions and contributions to family decisions whenever appropriate.
- Set a good example. A child learns more from what you do than from what you say.

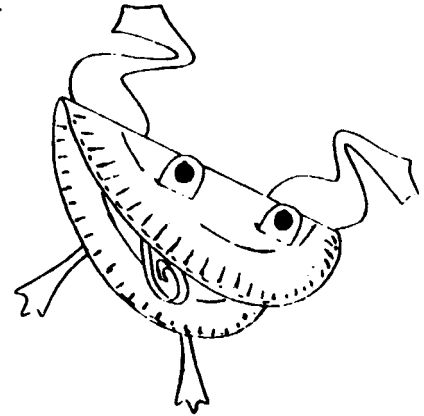
For additional information on child behavior and discipline, contact your county office of Ohio State University Extension.

Paper Plate Frog

Turtles and frogs spend January hibernating in the mud or under warm leaves. This is a good time of the year for a nature lesson, even if you can't go outside. During the winter, visit your library to find books about animals in winter and continue the fun by helping your child make this paper plate frog.

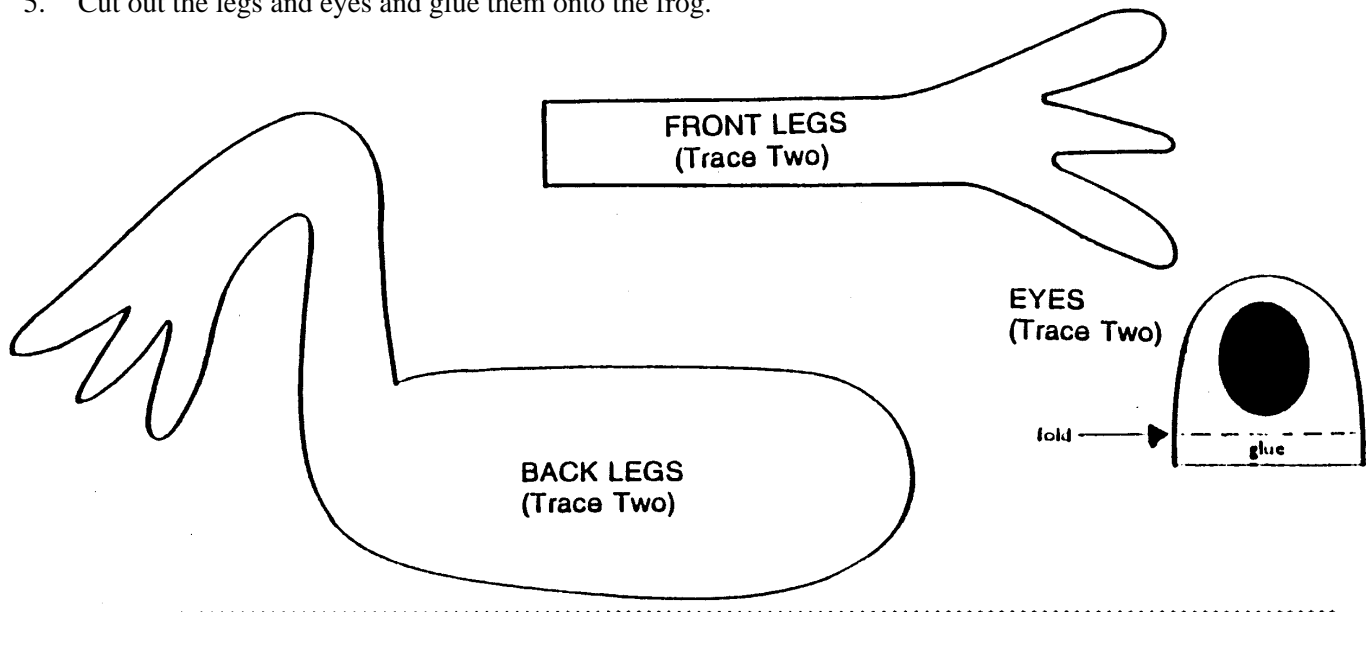
Materials Needed:

- Plain White Paper Plate
- Green Crayon
- Green or White Paper (If white is used, you may want to color it green.)
- Children's Scissors
- Pencils
- Non-Toxic Glue



Directions:

1. Have your child color the paper plate on both sides with the green crayon. This will be the frog's body and mouth.
2. Help your child fold the paper plate in half, green side out, to make the frog's body and mouth combined.
3. Make a long tongue so the frog can catch flies. Cut a 1/4" x 8" strip of green or white paper. Curl it tightly around a pencil and remove the pencil. Glue the tongue to the paper plate (between the fold).
4. Trace the eyes and legs below onto a sheet of green or white paper.
5. Cut out the legs and eyes and glue them onto the frog.



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