Consequences help teach our children responsibility for what they do. They also allow discipline that is controlled. This is more effective than hitting or shouting.

Redirect.
- Catch difficult behavior early and redirect your kids’ attention from a negative to a good behavior.
- Stop it before it starts! When they start to get restless, you can distract with something interesting or fun: “Come, let’s play a game together.”

Take a Pause.
- Feel like screaming? Give yourself a 10-second pause. Breathe in and out slowly five times. Then try to respond in a calmer way.
- Millions of parents say this helps - A LOT.

Use consequences.
- Consequences help teach our children responsibility for what they do. They also allow discipline that is controlled. This is more effective than hitting or shouting.
- Give your child a choice to follow your instruction before giving them the consequence.
- Try to stay calm when giving the consequence.
- Make sure you can follow through with the consequence. For example, taking away a teenager’s phone for a week is hard to enforce. Taking it away for one hour is more realistic.
- Once the consequence is over, give your child a chance to do something good, and praise them for it.

Keep using Tips 1-3
- One-on-One time, praise for being good, and consistent routines will reduce difficult behaviour.
- Give your children and teens simple jobs with responsibilities. Just make sure it is something they are able to do. And praise them when they do it!