

Printable Checklist: Positive Discipline Techniques

Use this checklist to guide your parenting moments with gentle, respectful strategies. Keep it on your fridge or parenting binder for quick reference!

1. Connect Before You Correct

- Did I make eye contact and get on my child's level?
- Did I validate their emotions before redirecting?

2. Use Clear, Calm Communication

- Did I speak calmly, even when frustrated?
- Did I use simple, age-appropriate language?

3. Offer Two Choices

- Did I give my child a choice between two acceptable options?
- Did I follow through if they refused to choose?

4. Focus on Solutions, Not Blame

- Did I ask "What can we do to fix this?"
- Did I involve my child in solving the problem?

5. Use Natural and Logical Consequences

- Was the consequence directly related to the behavior?
- Did I explain it ahead of time, not in anger?

6. Set Routines and Limits

- Are our expectations predictable and consistent?
- Did I prepare my child in advance for transitions?

7. Model What You Want to See

- Did I demonstrate kindness, patience, or responsibility myself?

- Am I showing the behavior I want to teach?

8. Praise Effort, Not Outcome

- Did I encourage progress with specific feedback?
- Did I avoid empty praise like "Good job"?

Tip: Keep this checklist handy and review it at the end of tough parenting moments. Progress matters more than perfection.