

Gentle Discipline Cheatsheet

Use these simple, respectful strategies to guide behavior without yelling or punishment.

1. Connect Before You Correct

- Get on your child's level, use eye contact, and connect emotionally before addressing behavior.

2. Validate Big Emotions

- Acknowledge feelings: "You're upset. It's okay to feel that way."

3. Offer Choices, Not Ultimatums

- Empower with options: "Do you want to clean up now or after snack?"

4. Use Natural Consequences

- Let life teach gently: "Your toy might get wet if you leave it outside."

5. Time-Ins Instead of Time-Outs

- Sit with your child and support them through calming down.

6. Model the Behavior You Want

- Be the example: Use calm voices, apologies, and patience.

7. Narrate the Moment ("Sportscasting")

- Describe what's happening: "You're frustrated because it fell over."

8. Use Routines as Discipline

- Predictable rhythms reduce meltdowns and build cooperation.

9. Practice Do-Overs

- "Try asking that again with kind words."

10. Teach Problem Solving

- Guide conflict resolution: "What can you do next time?"

Stick this on the fridge or print for quick parenting support!