

September - Positive Discipline Bright by Text Newsletter Article and Social Media Content

Newsletter Article

The Power of Positive Parenting: Tips on Positive Guidance

Research shows that positive guidance and discipline is the most effective way to guide your child's behavior.

The goal of discipline is to teach good behavior rather than punishment which strives to stop misbehavior. Punishment doesn't work because it assumes your child is trying to misbehave on purpose rather than exploring their world, and learning to control their impulses and emotions.

Here are some tips on positive discipline.

From **prenatal to 12 months**, you can't spoil your baby with too much attention.

- Your child needs lots of positive interactions, rather than negative ones to help them feel safe and build a loving bond with you.
- Go to your child when he cries or fusses. By responding to your child you teach him that you care and he can trust you.

At **12 months**, your toddler can be full of inner turmoil during this year of growth and discovery. Realistic expectations support growth, and prevent frustration and power struggles. Here are some tips:

- Set simple clear rules and stick to them.
- Follow routines for meals and bedtime.
- Specifically tell and show your child what you want him to do. "Put your truck on the shelf, it will be safe there. No one will step on it".
- Give lots of reminders. Your child cannot remember rules.
- Your toddler cannot predict what will happen next as a result of her actions. So explain to her why something is unsafe.
- Distract or redirect your child to another activity when they are doing something undesirable. Explain why you are stopping them, and show them something else to do.
- Give your child lots of praise when he gets it right.
- Give your child the words for her feelings. She expresses her feelings in physical ways because she usually does not have the words or other ways to express them.
- Plan interesting things for your child to do. A toddler busy playing is less likely to act out.
- Try not to compare your toddler to other children as an ideal. [Learning about different temperament types can help you understand your child.](#)

At 24 months, your child is becoming more independent, exploring his world and testing limits. Be aware that challenging toddler behavior is normal and not a measure of your child's "goodness" or a reflection of the care you provide. Here are a few tips to exercise with your toddler.

- Provide your child lots of encouragement and praise for good behavior.
- Distract or redirect your child to another activity when they are doing something undesirable. Explain why you are stopping them and show them something else to do.
- Instead of just saying no, tell him what you'd like him to do instead.
- Offer your child real choices, for example "It's naptime now, would you like to take your bear or your doll to nap with you" or "It's cold out today, would you like to wear your coat or your sweater?"
- Use natural or logical consequences. Natural consequences happen naturally because of a behavior. If your child won't eat lunch they will be hungry until the next regular meal time. Logical consequences are related to the behavior but used when there is no natural consequence or it's too harsh or unsafe, a child running near the street is taken inside as a consequence.
- Be prompt and consistent, and follow through with fair and logical consequences.
- Ignore misbehavior aimed at getting your attention.
- If unwanted behavior persists or gets dangerous or aggressive. Remove the child from the situation and provide them some time to cool down.

Tantrums are your child's way of blowing off steam and getting your attention. Don't ignore tantrums; rather, show your child better, more appropriate ways of communicating. Here's how:

1. Identify triggers. Do they occur when he's tired or hungry? Watch for the signals that let you know a tantrum is coming. Stopping a tantrum before it starts is the best policy.
2. Stay calm. Children take their cues from their caregivers' words and body language. With your body language, tell your child: "It's OK. I'm here for you, and I love you no matter what."
3. Pay close attention. Tantrums often occur when toddlers are striving to be independent and get frustrated when they are not able to communicate or complete a task. Watch carefully, and when you see him about to get frustrated, go to him and help him solve the problem.
4. Hug it out. Try holding your child during a tantrum, and hug her until she regains control. Sometimes a strong, loving hug is all it takes to calm a child having a tantrum.
5. Remove your child from the situation to allow them to calm down. Sometimes they need you to take a "time-out" with them to help them learn to calm down. Try reminding them to take a deep breath, counting out loud, or blowing pretend bubbles.

Get more parenting tips, games, and other resources, based on the age of your child, sent right to your cell phone 2-5 times a week for FREE with Bright by Text. Text BRIGHT to 274448 to sign up!

*Message and data rates may apply. Text STOP to 274448 to stop. Text HELP to 274448 for help.

Social Guidelines and Content

Here are some sample social media posts to promote Bright by Text in conjunction with STEM tips. Feel free to use and modify them to fit your social media tone and voice, but please keep the content the same.

Don't forget to watch Bright by Three's [Facebook](#), [Twitter](#), and [Instagram](#) and share our posts from there as well.

On Facebook when there is a bit.ly link included with the post, we recommend letting the bitly link pop up and link to the Bright by Text landing page. Then, insert the signup link below.

On Instagram, you will need to add a photo for each. Feel free to use the photo from the landing page or one of the ones included with this content. Don't forget to tag Bright by Text in the posts so we can like and share them too!

Facebook and Instagram

1. Tantrums are your child's way of blowing off steam and getting your attention. Don't ignore tantrums; rather, show your child better, more appropriate ways of communicating. For more helpful tips sign up for Bright by Text from @Bright by Three <https://brightbytext.org/>
2. Your toddler cannot predict what will happen next as a result of her actions. So explain to her why something is unsafe. For more helpful tips, try Bright by Text from @Bright by Three https://app.brightbytext.org/web_signup
3. Give your child lots of praise when he does something right. He craves attention from you, and it will help him learn to do things the correct way again. For more tips, sign up for Bright by Text from @Bright by Three. <https://brightbytext.org/>
4. Try not to compare your toddler to other children as an ideal. [Learning about different temperament types can help you understand your child](#). For tips like this one, sign up for Bright by Text from @BrightbyThree. https://app.brightbytext.org/web_signup

Twitter

1. Tantrums are a child's way of blowing off steam and getting an adult's attention. Parent and caregivers shouldn't ignore tantrums; rather, it's important to show the child better, more appropriate ways of communicating. For more helpful tips sign up for Bright by Text from @Bright by Three <https://brightbytext.org/>

2. Toddlers cannot predict what will happen next as a result of their actions. So caregivers need to explain why something is unsafe. For more helpful tips, try Bright by Text from @Bright by Three https://app.brightbytext.org/web_signup
3. It's important to give a child lots of praise when he does something right. Children crave attention from their caregivers. It helps them learn to do things the correct way again. For more tips, sign up for Bright by Text from @Bright by Three. <https://brightbytext.org/>
4. Parents and Caregivers should remember not to compare their toddler to other children as an ideal. [Learning about different temperament types can help](#). For tips like this one, sign up for Bright by Text from @Bright by Three. <https://brightbytext.org/>