

Parenting Young Children



**Solution
Based
Casework**

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1. **Set realistic rules** about bedtime, boundaries, and acceptable behavior. Make sure the rules are clear, repeated consistently and matter-of-factly.
2. Enforcing the rules will go much better if you can insure that other **adult family members are in general agreement** with the rules and will support them if necessary.
3. **Involve children in the decisions** about rules as they mature. Encourage their involvement whenever possible.
4. **Determine specific consequences/punishment** for breaking the family rules (i.e. no television, bike riding, videogames, telephone calls, being with friends, etc).
5. Very **young children benefit from time out** or other immediate consequences to misbehavior like re-direction of their interests to some other less disturbing activity.
6. Balance discipline with **equal attention to praise and affection**, even during times of limit setting. Young children need reassurance that they are still loved even though they are being required to behave differently.
7. Set a goal to **manage your own emotions** in difficult situations. Show your child that you can avoid screaming, calling names, or hitting them even when very frustrated with them.
8. Have a plan to **take care of yourself** so that your stress level doesn't become overwhelming. If you are "out of steam" you can be at risk to "blow off steam" with your child.
9. **Celebrate the progress** that you and your child make. Change comes in small steps and can be overlooked if you don't stop and notice the little ways they and you are improving.