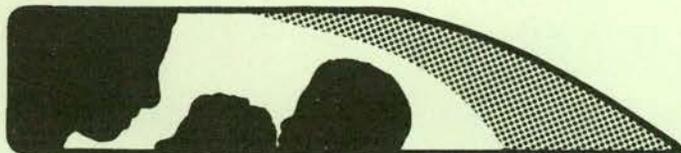


young families

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Child Discipline

Most people agree that child discipline is necessary, but they are confused over what kind of discipline to use. Discipline is *not* punishment. Nor is it passively watching your child learn through trial and error. Rather, discipline helps your child deal with the demands that go against his or her own wishes or feelings. The aim is not to cut out a child's freedom, but to give freedom within manageable limits.

There are three schools of thought on discipline:

- 1) the rigid, beat-him/her-while-you-can approach,
- 2) the keep-your-hands-off permissive approach, and
- 3) the developmental discipline approach.

There is considerable evidence that the extreme rigid approach can have damaging psychological effects on both child and parent. The parent who tries to beat evil out of the child is not beating good into him/her.

The total permissive approach, on the other hand, fails to develop people who will consider the feelings and rights of others, and it can lead to lack of respect for other people and property.

The developmental discipline approach is best. It is a democratic way of life under which the child is recognized and respected as an individual. It falls between the other two extremes. Children do not know what is approved behavior unless someone tells them. They simply must have some rules to follow.

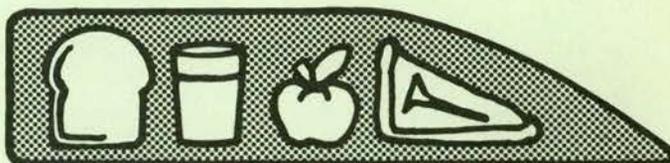
Answers to concerns about discipline are fairly simple, but acting on them is far from easy, because most of us get upset and angry when children disobey. Try to control your feelings and remember some of these basic rules:

- The most important things you can give children are steady, supporting love and firm, mild, consistent discipline.
- Discipline should provide freedom for children, but the limits to this freedom should be clear and constant. For example, youngsters easily can understand when told not to run in the house, but they may be confused by a general command to "keep still." Does that mean they can't say a word or move a muscle?
- The reasons for rules should be explained and be related to the child's safety and well being, as well as the rights and protection of others. As children get older, they can share in the making of the rules.
- Make as few rules as possible and stick with them. If there are too many rules, a child can't judge the crucial ones for a given situation and may ignore them all. If children can

make parents change rules by fussing or doing what they want, of course it will be harder to get them to obey all along.

- Rules should fit the child's age and stage of development. The younger children are, the harder it is for them to control their wishes and feelings, and to understand the meaning of rules.
- Praise your children for what they do right; this makes them want to do it again.
- Discipline should be given as soon as the child clearly breaks a rule. Explain the reasons for it and try to be calm and kind. Fit the punishment to the wrong doing as much as you can. For example, if a child eats cookies when he/she shouldn't, forbid cookies for the rest of the day.
- When children are naughty, look for the reasons. They may be sick, upset about a problem, bored, or just need your loving attention. Try to treat the causes rather than simply punishing.
- Try to get enough rest, enjoyment, and companionship for yourself. When you are upset it's much harder to be loving and firm with your children.

Want more information on this topic? Request *Setting the Stage for Discipline*, Family Development Fact Sheet 6; and *Consistency in Child Development*, Family Development Fact Sheet 13 from your county extension office (usually listed under county office in the phone book).



Feeding the Young Patient

When children are sick and not up to eating regular meals, it may take extra coaxing to get him or her to take nourishment.

It's very important that your sick child get plenty of fluids. Calories can be made up later, but fluids cannot. Children's amount of body fluid is small to begin with because their bodies are small. If the children have diarrhea, vomiting, and/or fever, their fluid level drops, and they can become dehydrated quickly.

See that your young patient sips something often—at least every hour. Try these for starters: water, crushed ice to suck, fruit and vegetable juices of all kinds, broth or light soups, milk and milk shakes, jelled or liquid gelatin, ginger ale.

Foods for the child during illness probably will be soft solids like cereal, toast, crackers, fruit sauces, custards, ice cream, and soft cooked eggs.

Don't force feed a sick child anything he/she doesn't want, unless your doctor has a special reason for urging it. For pro-

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Current information available from University of Minnesota Extension: <http://www.extension.umn.edu>

longed illnesses, you may want to check with your doctor about the need for vitamin supplements.

Here are some ways to serve food if you need to coax appetites:

- add a scoop of ice cream on top of cereal
- serve soup or broth in a favorite or new mug
- cut sandwiches in shapes with a cookie cutter
- make raisin and banana "faces" on crackers and toast
- serve ice cream cones and fruit shakes

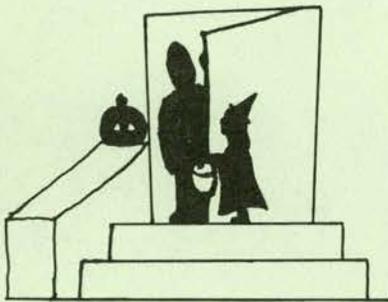
Halloween Hints

Halloween is one of the most exciting holidays of the year for children. Help your trick-or-treaters to not turn the holiday into tragedy.

Most Halloween accidents occur when excited children dart from between parked cars. An adult should always accompany children on their rounds. They can help guide the youngsters and also serve as a quieting influence.

Put your trick-or-treater into a light colored costume and apply reflective tape generously to the clothing and the trick-or-treat bag. Give at least one child in the group a flashlight. Be sure all costumes fit properly and don't restrict vision or movement. Costumes should be flame resistant, as should wigs, hats, beards, etc.

Be sure that children stop only at those homes where you know the resident. This precaution can prevent some of the cruel pranks that happen each Halloween.



Painted faces are a safe alternative for masks which can slip out of place and block vision. Here is a basic formula for Halloween "greasepaint":

- | | |
|------------------------------|---------------|
| 2 teaspoons white shortening | glycerin |
| 5 teaspoons corn starch | food coloring |
| 1 teaspoon white flour | |

Using a spatula, blend the first three ingredients on a plate to form a smooth paste. Add 3 or 4 drops glycerin for a creamy consistency. Add food coloring a drop at a time, blending until you have the desired shade. This is enough for one face.

Lightly coat face with cold cream or shortening. If face is to be marked into sections, outline the areas with eyebrow pencil. Using a finger, apply the mixture to the face stroking in one direction. For removal, use cold cream or baby oil.

Children should never carry candles or any other flame source—not even in lanterns or pumpkins. Flashlights are much safer and provide more protection from motorists. Don't set jack-o-lanterns near curtains or on doorsteps where children's costumes might brush against them.

The Best Things to Give

- ... to your enemy, forgiveness;
- ... to an opponent, tolerance;
- ... to a friend, your ear;
- ... to your child, good example;
- ... to parents, reverence; and conduct that will make them proud of you;
- ... to yourself, respect;
- ... to all, charity.

—with thanks to Ben Franklin

A Word From Our Sponsor

You may wonder where this newsletter comes from and just what the Agricultural Extension Service is, especially here in the Twin Cities area. It is an educational service, supported jointly by local county governments, the University of Minnesota, and the U.S. Department of Agriculture. Some 60 years ago it had its start in rural America, hence the word agriculture in its official title. Major program offerings by county extension services in the Twin Cities area are:

- home economics and family living
- home horticulture (lawns, gardens, trees, etc.)
- 4-H Clubs and youth programs

This newsletter is one educational program service: others are consumer answering service, University publications, television programs, special interest shortcourses, study groups, and 4-H Clubs. The Agricultural Extension Service office in your county is usually listed under county offices in the telephone directory.

In This Issue

This newsletter is published for young families in the Twin Cities area by the Agricultural Extension Service of your University of Minnesota. I would appreciate your suggestions for its content. Call me at 872-9441.

A handwritten signature in cursive script that reads "Eileen Anderson".

Eileen G. Anderson, Urban Extension Agent

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