**Discipline**

Tips for Setting Limits with Your Child

- **Have routines**: babies and children need to sleep and eat at regular times.
- **Meet your baby’s needs**: your baby cries when s/he is tired, hungry or needs something. Try to figure out what is needed and respond in a loving way.
- **Keep your child safe**: babies and small children are curious, keep harmful things away from your child.
- **Redirect your child’s attention**: when your child does something you do not like, help your child find something else to do (tell a story, sing a song or give other toys).
- **Be sure to tell your child that you love him or her, even when your child does something wrong**: explain that you just don’t like what your child is doing.
- **Praise your child**: telling children they have done something right makes them feel good about themselves.
- **Do not hit or hurt your child**: shaking, spanking, hitting or shouting at children does no help them learn. If anything, it teaches that hitting is a way to deal with anger. When you shake your baby or young child, it can cause brain damage or death.
- **Have a plan for when your baby cries a lot**: try to keep calm and understand your child’s needs.
- **If you feel frustrated or angry, take deep breaths and count to 10**: ask someone to watch your baby, take your baby for a walk or ride. Never touch your baby in anger.

**You Can Set Limits With Love**

When you set limits for your child, you help her to grow into a happy, healthy person. Setting limits:

- Helps children learn how to set their own limits
- Helps their self-esteem
- Gives children the tools for a healthy and good life
- Teaches children self-control

Discipline is teaching, not punishing. It is not to just get your child to do something differently. It is also a time to praise what your child does right.