

Defining Guidance and Discipline

- **Guidance** incorporates all the adult does or says to influence the behavior of the child.
- **Discipline** comes from the word disciple, which means to guide, to teach to mentor. Discipline is NOT punishment and is NOT punitive, it does NOT cause pain nor does it use blame, shame or humiliation. Discipline is a process in which the adult uses appropriate positive strategies to help children develop self-control and learn how to deal with their unmet needs in a socially appropriate manner.

Guidance Process

- Help children build self-esteem
- Help children deal with social/emotional issues
- Help children grow toward independence and self-control

Principles of Guidance

- Considerations
 - Each child is unique
 - Every situation is unique
 - Every teacher is unique
- Indirect guidance
- Building relationships
- Physically guiding children
- Verbal guidance strategies

Discipline Strategies

- I-Messages
- Natural & Logical Consequences
- Problem-solving strategies

Guiding Routines

- Arrival & Departure
- Transitions
- Snack/Meal Time
- Toileting
- Rest Times

Dealing with Feelings

- Accept feelings as valid
- Be calm and direct
- Help child verbalize emotions
- Suggest Alternatives