

# Positive Discipline for School Age Children 6-12 years

Friends, teachers and media are important to the school aged child.  
It is your job to ensure communication is open so that you can help guide them to make positive decisions.

## Developmental Awareness

### School Aged Children may:

- Want to spend time away from their family
- Experience peer pressure
- In the later stages, experience body changes as puberty approaches
- Understand right from wrong and the consequences of their actions
- Place more importance on their relationships with friends
- Become self-conscious and private



### What You Might Expect

#### Controlling

#### Questioning

#### Unfocused

#### Independent

#### Self-conscious

#### Rebellious

#### Moody

### What Your School Aged Child May Be Trying To Tell You

"I like to be the boss and winning is very important to me."  
"I don't know how to deal with failure."

"I am starting to see the differences in my world and I am trying to make sense of them."

"I can't sit and pay attention for too long, especially when I don't like what I'm doing."

"I want to spend more time with my friends and less time with my family."  
"My friends are very important to me."

"I am concerned about how I look. My body is changing and I sometimes feel awkward and embarrassed." "What my friends think about how I look is more important to me than what you think. I want to fit in."

"I am developing an identity separate from my parents so I will talk back, disagree with and challenge you."

"My changing body means active hormones." "My emotions are up and down and my feelings can be easily hurt." "Life is stressful because of school, my friends, peer pressure and new rules."

## Planning for Positive Discipline

### Building Positive Relationships:

Spend positive quality time with your child every day. This could be listening to your child or it could be completing an activity that your child enjoys. Provide your child with frequent approval and praise.

### Communicate

Communicate expectations clearly. You may need to repeat instructions and rules more than once. Offering a simple explanation may help your child understand and accept your decisions. Avoid lengthy lectures as your child will tune you out.

### Be the Parent

You are the parent and you can't guide and teach your child if you are trying to be his friend. You still need to consistently supervise, set rules and follow through with what you have said you are going to do.

### Model, Model, Model!

Good behaviour starts with parents being a good role model. Being a good role model means demonstrating:

- how to problem solve
- caring for others
- making good decisions everyday
- finding positive ways of dealing with your anger

## What to do when...

### Your child is doing something you don't want him to do - Problem Solve Together by:

- staying calm
- talking with your child not at him
- listening
- helping your child handle the situation
- discussing what can be done differently next time
- negotiating when you can to make children part of the process

### Your child says that you are the meanest parent in the world

This is normal. Being a parent is a tough job and means that your child is not always going to like your decisions. Stay calm, follow-through with what you said you were going to do, and remember that your child still loves you.

### You've explained your decision, but your child continues to demand her way

Keep your cool and try to distance yourself from the interaction. This may include asking someone else to help or after making sure your child is safe, finding a quiet place for yourself to take a short break. Sometimes, you may be able to negotiate a compromise. Avoid comments like "because I said so" to help reduce power struggles.



## Remember...

The school age years are a time of great change. It is a time for limits, consistent follow through, patience, negotiation, and compromise. Teaching your child by talking through problems will help them become independent.