The 4 'R's of Discipline

DISCIPLINE...

1 REVEALED IN ADVANCE

Tells your child what'll happen next if they choose a certain behaviour

2 LOGICALLY RELATED TO BEHAVIOUR

Is logically related to the behaviour

3 REASONABLE

Starts with the smallest consequence so that you have room to escalate

4 RESPECTFUL

Won't humiliate your children as you won't put them in unpleasant situations