

*Learn to be firm, but fair*  
**Use Positive Discipline**

Fathers are often expected to be the parent who disciplines the children. With this expectation comes our responsibility as parents—as fathers—to learn how to guide our keiki with *positive* discipline.

Positive discipline includes:

1. **Create a set of rules.** Set rules and consequences that fit your child's age and development. Be clear about what is expected—and what is not OK. Enforce rules and consequences consistently and promptly.
2. **Don't hit.** Physical punishment teaches fear—not respect. If you feel angry, take time to cool off. Then deal with the misbehaviors. People are not for hitting...and children are people, too.
3. **Praise good behavior.** Let your child know you appreciate it when he or she is well-behaved.
4. **Offer a choice.** Offering your child a choice of several activities—rather than deciding for them—encourages cooperation and teaches responsibility.
5. **Try a time-out.** If your child misbehaves, give her or him a few minutes alone to calm down and think about their behavior (while you cool off, too).

**Tell your child that you still love them...  
...even when discipline is necessary.**

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(see: [www.channing-bete.com](http://www.channing-bete.com)).

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## Hawai'i Coalition for Dads

Promoting involved, nurturing, responsible fatherhood

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