



# Oh hey,

I'm M e l l i s s a

I'm a wife, a mom of four amazing kids, and a teacher. I'm a certified positive discipline educator and obsessed with creating adventurous ways to do the ordinary.

Like many of you, I'm always trying to keep my home and classroom free of chaos. That's not always easy, right?

So, I thought, why not create a PDF to make your home/classroom more manageable?

I hope these PDFs help your home/class go from chaos to calm.

Let's do this!

# AGE-APPROPRIATE DISCIPLINE CHART FOR HOME AND THE CLASSROOM



## TODDLERS (1-3 YEARS)

- **Redirection and distraction strategies** - "Look over here at this shiny toy!" instead of "Stop touching that!"
- **Simple, clear communication** - "Food stays on the plate." Get down to their level.
- **Time-ins instead of time-outs** - Sit with them, help them name their feelings, and show them you're there to support them
- **Positive reinforcement for good behavior** - "You did it all by yourself!"

## PRESCHOOLER (3-5 YEARS)

- **Natural and logical consequences** - Refuses to wear a coat, let them feel a bit chilly (natural consequence). Or if they won't put away their toys, those toys might take a short "vacation" (logical consequence)
- **Offering limited choices** - "Would you like to wear the red shirt or the blue one?"
- **Using "when-then" statements** - "When you finish picking up your blocks, then we can read a story."
- **Implementing routine charts** - Create a colorful chart showing daily tasks like brushing teeth, getting dressed, or helping to set the table



## SCHOOL-AGE CHILDREN (6-12 YEARS)

- **Family meetings and problem-solving together** - Set a regular time each week to come together, discuss any issues, and brainstorm solutions as a team.
- **Creating and enforcing family rules** - Sit down together and create a list of family rules. Ask for their input
- **Positive time-out techniques** - Create a cozy "calm down corner" with comfy pillows, stress balls, or calming activities.
- **Encouraging self-reflection and learning from mistakes** - "What do you think happened here?" or "If you could do this differently, what would you change?"

## TEENAGERS (13-18 YEARS)

- **Active listening and open communication** - resist the urge to offer solutions. Instead, reflect back what you hear: "It sounds like you're feeling frustrated with your math teacher."
- **Negotiating rules and boundaries** - "Let's figure out a curfew that works for both of us."
- **Natural consequences and logical problem-solving** - When problems arise, resist the urge to swoop in and fix everything. Instead, ask, "What do you think you could do to solve this?"
- **Encouraging self-discipline and decision-making skills** - Encourage your teen to set their own goals and create plans to achieve them. When they face a dilemma, walk them through the decision-making process: identifying options, weighing pros and cons, and considering consequences.



# What's Next?

**The Happy Family Guide** is the first step in creating more harmony and having a more balanced home and work life. You have learned how to create more harmony by learning how to communicate better, inviting cooperation in getting things done, and connecting to create a more purposeful life.

The next step is taking that harmony we are creating and putting it into action with our **The Organized Family Starter Pack**. It's just \$7

**CHECK IT  
OUT  
HERE!**



Do you want to implement a proven system to create balance in your life and family? Check out the Organized Family System. **Coming Soon!**



# let's be friends

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