



MINISTRY OF  
EDUCATION

The Ministry of Education is committed to creating an education system that uses positive discipline to mould students who are academically sound, technically competent, and are of sound moral and ethical character. The Ministry of Education is certain that Jamaica can get to this goal if we choose to nurture our children and provide them with opportunities to grow and excel.

For further information contact:

The Ministry of Education  
Guidance and Counselling Unit

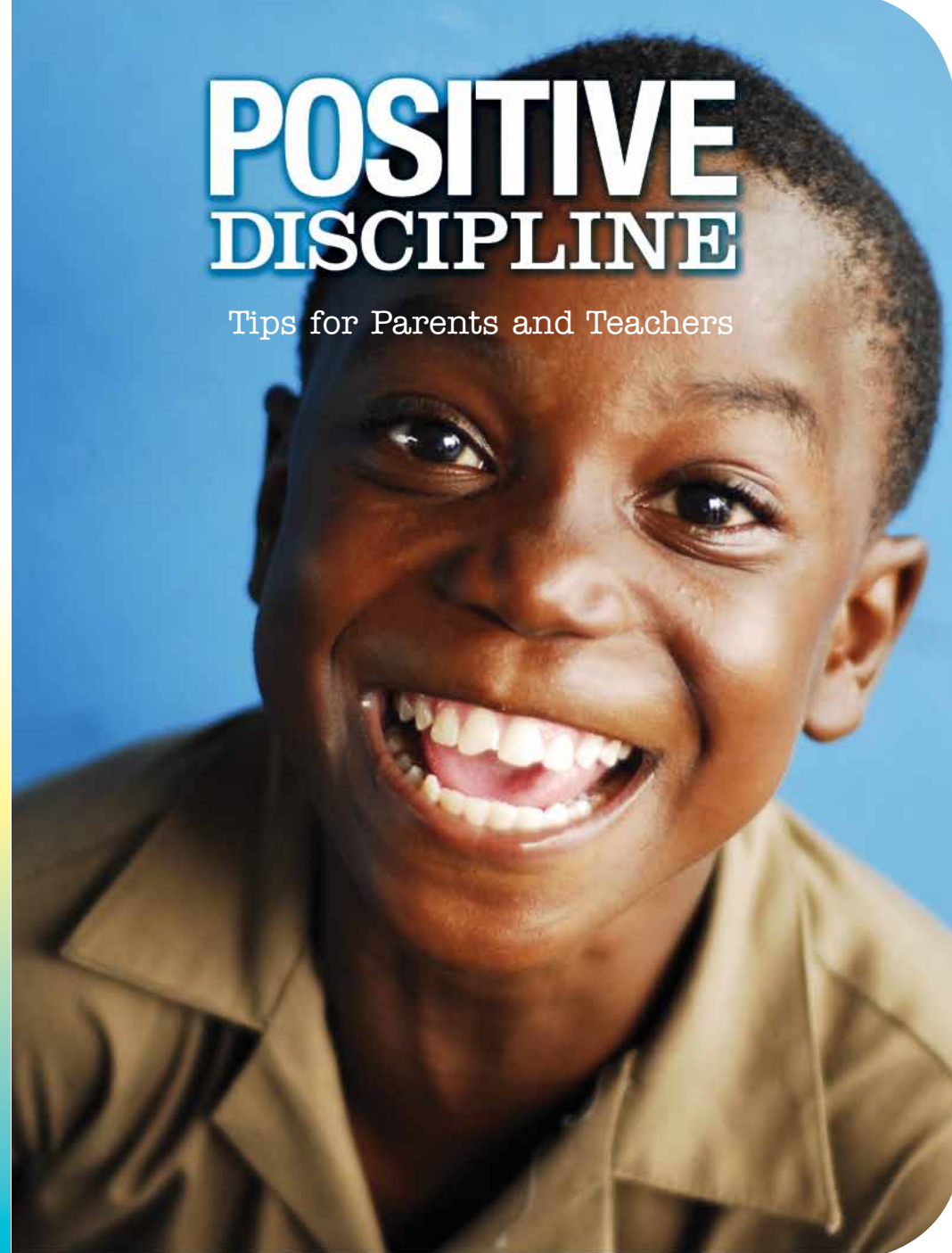
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# POSITIVE DISCIPLINE

Tips for Parents and Teachers



## WHY USE POSITIVE METHODS OF DISCIPLINE?



*If you hit your children, they will be afraid of you when they are young, and angry at you when they are older.*

As children grow up, they need guidance from parents, teachers and other adults to learn appropriate behaviours.

Positive discipline teaches children life skills and lessons they need to behave in acceptable ways, and helps them to cope with life's challenges.

Beating, cursing and other violent forms of punishment do not support healthy development or bring children long term benefits.

## TAKE CARE OF YOURSELF



*Have fun with your children. Spend time playing games, eating, talking, reading and telling stories.*

### **PARENTS' SELF-CARE TIPS**

- Know your parenting strengths: continue to practice what you do well while trying to improve other areas.
- Find time for yourself each day – eat well, exercise and rest.
- Meet other parents regularly: Get involved in your PTA, community support group and church.
- Do not discipline while angry.
- Ask for help: Talk with relatives, friends or a counsellor.