Discipline Chart

Five steps · Ages 2-8

Point to the box, say the word, do the move together — the same order every time. The same five boxes work for a two-year-old and an eight-year-old; only the words change. **Nothing on this page keeps score.**

1 Name it — 1 sentence

"Big mad." Say the feeling in one sentence; the child hears their own words back.

2 Calm plan — spot + adult

Walk together to the spot you picked on a good day. An adult stays; a timer works at 7 and up.

3 Make it right — repair

The mess gets handled: blocks in the bin, cup picked up, a word for the sibling. Two choices under 4.

4 Move on — 1 sentence

"It is done. We are back in the game." Snack, next activity, next room — no lecture in the doorway.

5 Note it — 1 mark, later

After bedtime, one pencil mark in the margin: what set it off, which step carried. The pattern is the point.

Teach it first, as a game

- [ ] Stuffed animal melts down
- [ ] Walk the animal through the five boxes
- [ ] Child watches
- [ ] Run it twice on a good day

Adult: tape this page at the height your child reaches, beside the calm down spot. A pencil on a string hangs next to it — keep it out of reach of a child under 3 between notes.