



Notes to print - from Krista and Dr. Barbara

Sometimes parents misinterpret a child's immature behavior as something that needs to be disciplined because they don't understand that it is a developmental phase that needs to be better understood.

Examples of a developmental incapacity

- The two year old who doesn't share
- Meltdowns can be caused by fatigue, hunger and over stimulation—developmental incapacity to self regulate
- We want kids to be “independent” *way* before they are developmentally ready (sleep through the night, self soothe, etc.)
- Don't confuse “responsible” with “independent

Examples of behavior that is the result of maturation of a child

- The 9-month old baby throwing a toy off the tray of the high chair probably just shows they don't grasp the concept of “object permanence”
- Two-year-old saying “no” shows the birth of the autonomous self and is not necessarily rebellion
- The four year old potty talk shows they notice the power of words to shock
- Five year old who tells stories shows the realization that they can have a thought that other people *don't* know

What might discipline look like when you take child development into consideration?

How do we come alongside our children and guide and teach them rather than punish?

- Focus on the relationship
- What does my child need?
- A fear-based approach to parenting results in heavy-handed punishment.
- **Be in control without being controlling**

Understanding ages and stages is crucial to parenting. Misunderstanding ages and stages will lead to bad decisions. Keep it playful! <http://www.drbarbarasorrels.com/podcast2/>