

St. Margaret's Discipline Policy

ACT!

- A) Acknowledge the feelings or emotions behind the behavior
- C) Communicate the limit or boundary
- T) Target another choice – provide 2 choices of alternatives

Example:

Child is hitting their friends

- A) I see that you are upset. I get upset too sometimes.
- C) But it is not okay to hit our friends. That might hurt them.
- T) Would you like to hit this pillow? Or go sit in your calm down corner?

Tips:

- Encourage and model appropriate behavior
- Remain calm but firm
- Acknowledge that you feel emotions too
- Be consistent!
- Talk about what they CAN do, not what they can't do
- Give choices whenever possible
- Praise good behavior