



## Discipline: Teaching Limits With Love

### TRUE or FALSE

1. Next to love, the smallest gift you give your child is a clear, consistent set of limits.  
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2. Discipline or setting limits is not punishment, it is teaching. -----
3. A newborn is looking to learn about limits and the first limit they search for is routines, such as a regular feeding schedule and a predictable bedtime. -----
4. Routines make a child feel unsafe and insecure. -----
5. Every child is the same, so it is not necessary to learn your child's natural patterns.  
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6. To create a routine we need predictable schedules and comforting routines.  
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7. Routines make a child feel secure and loved. -----

### Multiple Choice

8. Setting limits is:  
a. teaching                      b. restrictive                      c. not important
9. Children learn by:  
a. listening                      b. imitating                      c. watching tv
10. In infant cries to:  
a. win a power struggle      b. get spoiled                      c. have needs met
11. When your child is older and needs discipline, you must:  
a. stay calm and keep your tone firm  
b. make sure child is distracted when delivering the message  
c. yell and scold
12. Children start testing at around:  
a. 2 months                      b. 18 months                      c. 9 months

13. To set limits for an 18-24 month old, the following statement(s) are true:
- a. Give them either/or choices
  - b. Allow them to assert their independence
  - c. Remain calm yourself and gently restrain them if necessary
  - d. All of the above
14. To make mealtime quality time for the family, a parent should:
- a. Make the child finish all their food before getting down from the table
  - b. Make your expectations unreasonable
  - c. Offer choices, but ones you control

#### Short Answer

15. What are some ways to make clean-up go smoothly?
16. Why is it important to praise your child?
17. Why is consistency in discipline important to your child?
18. What do you do when your child will not listen?
19. When disciplining your child, why do parents need to learn to manage their anger?
20. Next to love, what is the most important thing you can give your child and why?