

How to Discipline Your Child

Written by Dr. Niru Prasad

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discipline, which means

teaching and training our children while they are young and

growing because:

A: Discipline is an

ongoing process and begins early in a child's life.

A. Changes as the child grows older and continues until adulthood.

The aims of providing good discipline to the child are:

A. To encourage appropriate behavior. B. Build self-esteem. C. Help the child develop self-confidence. D. Help prevent problems as they grow older.

Children misbehave at times because:

A. They are tired, hungry or sick. B. They were not told of their misbehavior in the past.

By understanding the cause of misbehavior can help you choose an effective method of changing their behavior.

Here are some guidelines to discipline your child by encouraging positive behavior.

A. Give love, reassurance by hugging, kissing and praising your child. B. Try to understand your child by listening to them – since they need attention, take some time off your busy schedule every day to listen to their problems.

A. Set limits by:

1. Reminding children about limits until self-discipline develops.
2. Share with your child the reasons for purposed limits.
3. Discuss with them their problems.
4. Give rewards when they do things right.
5. Promote independence by allowing your child to share in decisions.
6. Promote responsibility and praise them for completing tasks.
7. Set a good example.

What to do when your child misbehaves:

A. Be prompt and act soon to make him realize that things are not right. B. Make sure your child understands why he is being punished. C. Control your emotions. D. Set a limit. E. Avoid physical punishment. It is important to remember that love and understanding are the keys to a proper discipline for your child.

Here are a few more Safety Precaution Tips to keep your home safe and sound.

1. Stairs should be carpeted and protected with gates at the top and bottom of the staircase.
2. The door to your basement should always be locked.
3. If you have hardwood floors, don't let children run around in stocking feet.
4. Chemicals and poisonous products should be kept out of reach in their original containers.
5. Have proper smoke detectors installed in your home.
6. Put plug protectors in all electric outlets.
7. Place a barrier around the fireplace or other heat source.
8. Keep matches and lighters in locked cabinets.
9. Cover the sharp corners of your furniture and coffee table.
10. Make sure extension cords are adequate for their electric load and make sure they cannot be reached by your toddler.
11. Make sure television and other heavy items are secure so they can't tip over.
12. In the kitchen area, store knives and other sharp utensils in high cabinets with safety latches.
13. While using the cooking range, use the back burners of your stove and always turn the pot handles towards the back of the stove if you have a toddler at home.
14. Keep the toasters and other electric appliances unplugged and out of reach.
15. Keep all appliance cords tucked away so your child cannot pull on them.
16. Select a highchair with a wide base

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and seat belt and don't place the highchair near a counter or table since a child might push hard and the chair will fall. 17. DO NOT warm baby bottles in microwave ovens since the milk might get too hot and burn the mouth of the baby. 18. Always keep a working fire extinguisher in your kitchen. 19. Never leave your child unattended in the bathroom or bathtub. 20. Place non-skid rugs on the bathroom floor. 21. Use a rubber mat in the bathtub. 22. Set your water heater thermostat to 120 degrees Fahrenheit to prevent from scalding burns.

How to protect yourself against common colds

The common cold is a viral infection that cannot be treated with antibiotics. The symptoms of a cold could also be allergy related and here are a few surviving tips:

1. Get rest and drink a lot of fluids.
2. Increase humidity in your house. When you have a fever, you are losing water through perspiration so replace your fluid loss by drinking fluids.
3. Warm drinks can soothe a sore throat and help relieve congestion. Salt water gargles work magic for a sore throat.
4. Take vitamin C supplements since they reduce the severity of symptoms.
5. It has been reported by the Annals of Internal Medicine that by sucking on Zinc gluconate lozenges the severity of cold symptoms are reduced.
6. See your doctor if your symptoms are not relieved or are getting worse in a few days.

Here are some safety precaution tips to prevent slips, trips and falls.

Accidental injuries and falls can cause temporary or permanent disabilities in any person, so here are some guidelines for prevention:

1. Always have a light switch close to your bed that you can reach without getting out of bed.
2. Check your carpets frequently for any sharp objects or loose corners.
3. Use bath mats with suction cups in the bathtub.
4. Wear slippers that fit snugly and don't walk around in your stocking feet.
5. Tack your rugs so they lie flat and replace rugs or runners that tend to slip or attach a non-slip backing to them.
6. Check your medications frequently by your pharmacist since some over-the-counter medication can make you drowsy and dizzy.