



# Positive Discipline from 0~6 Years of Age



高雄市衛生局AI心靈會客室

0~6歲正向教養手冊



Dear Parents, do you know how to discipline 0~6 year-old children? Children in this stage are experiencing rapid development. They need your love and support, as well as your guidance and discipline. Here are some tips on positive discipline:

1

Give children sufficient attention and recognition, so that they know you care about them, and appreciate their efforts and progress.



2

Set up explicit and reasonable rules and limits; let children know what they can and cannot do, and explain the reasons and consequences. Then carry them out consistently and steadfastly.



3

3. When children make mistakes or disobey, do not scold, beat or threaten them; this will hurt their self-esteem and confidence. Try to explain the reasons and consequences in a gentle and rational tone, and practice with them how they can learn from the mistakes through trials and errors.



4

Encourage children to express their thoughts and feelings; try to listen to them and understand their needs and challenges. Respond to their emotions in an empathetic way.



5

Encourage children to explore and learn; provide them with age-appropriate activities and toys that they are interested in, and allow them to freely exercise their imagination and creativity.



6

Maintain good communication and interaction with children; spend more time to play and read with them to cultivate their language, thinking, and affective skills.



# Infant Development from 0~6 Years of Age

★ Language and Cognitive Skills & Interpersonal and Social Interaction ★

**1 year old**

- 1. Able to speak meaningful words (reiterative diction), and say "papa" and "mama"
- 2. Able to imitate simple sounds (e.g., meow meow, woof woof)
- 3. Use simple gestures to express themselves (e.g., waving hand to say goodbye)
- 4. Able to find hidden things

# develop self-awareness  
# try to accomplish something independently

**2-3 years old**

- 1. Able to name/state six parts of the body correctly.
- 2. Half of an infant's talk is comprehensible.
- 3. Able to tell when they need to go to the restroom.
- 4. Ask "What is this?"

# develop great interest in friends  
# love to play with other children

**3-4 years old**

- 1. Able to say their own full name.
- 2. Able to express "your..." and "my..." correctly.
- 3. Able to say the usage of two common items correctly.

# able to play games with friends

**4-5 years old**

- 1. Able to identify the colors red, yellow, and green.
- 2. Able to pick items as instructed (up to three items)

# able to wear socks by themselves  
# able to brush teeth with a toothbrush

**5-6 years old**

- 1. Able to arrange number cards from 1 to 10 in the correct order.
- 2. Able to mimic reading up to five Arabic numbers, e.g., 96275
- 3. Able to tell the functions of body parts, e.g., eyes, mouth

# able to play games with simple rules, e.g., hide and seek

## ⊕ Importance of Mother-infant Relationship ⊕

