

## **Discipline: Help your child learn to admit mistakes and make amends**

What are the three hardest words to say? They may be, “I was wrong.” But helping children learn to own up to the things they have done wrong is a way to help them develop into mature adults. Here are some tips:

- \* Think about why your child might not admit she’s wrong. Is she afraid to tell the truth? Does she want to blame someone else?
- \* Think about how you can change your behavior if your child is afraid of your reaction. Stay calm even if you have to give yourself a “time out” before dealing with the situation.
- \* Help her put herself in someone else’s shoes. “How do you think your sister felt when you took her doll away?” This is called empathy, and it is a behavior kids have to work to develop.
- \* Help your child think about a way to make amends. If she sent a mean email about someone in her class, she needs to send another one saying she made the story up.
- \* Remember that apologies don’t mean a lot if your child’s behavior doesn’t change.

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