



LillyPatch Kids

Positive Discipline Alternatives for Ages 2–5

Calm-Down Spot (Cozy Corner)

What: A cozy space with toys/books.

Use: Invite child for a break together.

Why: Helps calm without shame.

Naming Feelings (Emotion Coaching)

Use phrases: 'You look sad.' or 'Are you mad because I said no?'

Why: Builds emotional awareness.

Redirection

Example: 'Blocks are for building, not throwing.'

Why: Meets need without confrontation.

Choice Offering

Example: 'Clean up blocks or help with books?'

Why: Builds autonomy and cooperation.

Visual Schedules and Simple Rules

Use: Picture charts for routines (snack, storytime).

Why: Supports structure and reduces resistance.

Natural Consequences

Example: Child spills = child helps clean.

Why: Teaches responsibility naturally.

Time-In (Connection First)

What: Sit with child through big feelings.

Say: 'I'm here with you. Let's breathe.'

Why: Builds trust and co-regulation.