



Gospel Light®

HOME DISCUSSION GUIDE
for ages 2-5 years

WINTER B
Lesson 6

Helping Kids Develop Self-Control

“Stop doing wrong and do good.”

See Psalm 34:14

I have found that consequences can be the best teacher for helping my preschooler develop self-control. When he throws lunch on the floor, there is no dessert—and he cleans up the mess. Preschoolers can understand making good and bad choices, and they understand consequences. The key is for me to be consistent—and calm. It’s something I ask God for.

Try This:

I count down backwards after making a request of my child. **Come to the table to eat. . . in 5-4-3-2-1.** If I get to 0 before my child complies, I put him in his room for two minutes and then ask him to “try again” and join us at the table. When he does, I say, **You made a good choice to stop doing wrong and do good.**