

DISCIPLINE AND YOUR KIDS

No one is perfect! There is no perfect family or perfect solution in how to raise your child. But, we can all learn and grow in the process. Discipline is where both parents *and* children grow.

Whenever we discipline our kids, our overall goal is not to punish or to give consequences, but to teach. The root of discipline is “disciple,” meaning “student.” Punishment might shut down a behavior in the short term, but teaching offers skills that last a lifetime.

On a scale of 1-10 (1=NO & 10=YES)
How often do you discipline out of anger?

1 ————— 5 ————— 10

On a scale of 1-10
How often do you discipline out of disappointment?

1 ————— 5 ————— 10

On a scale of 1-10
How often do you take the time to teach and train during discipline?

1 ————— 5 ————— 10

On a scale of 1-10
Would you say discipline brings you closer to your kids?

1 ————— 5 ————— 10

Discipline Tactics

Focus on Behavior: Call the behavior what it is, i.e., “that was a lie,” not “YOU are a liar.” Instead of labeling your child, label the behavior. **What do you think is the significance of this distinction and why would it make a difference for your child?**

Re-Direct: Recurring behavior may need some redirection. **What did you do the last time your child displayed ongoing behavior without correction? What might you do in the future?**

Encouragement: Finding something to praise. **When was the last time you disciplined your child? Was there something you could encourage?**

“No’s” In Discipline

On a scale of 1-10 (1=NEVER and 10= Always) **Do you use any of the “No’s” in discipline?**

1

Shame Your Child

5

10

1

Pressure Your Child

5

10

1

Embarrass Your Child

5

10

1

Abuse Your Child

5

10