

Discipline Worksheet

Strategies for Avoiding and Working with Conflicts

1-Discipline rather than Punishment. Be an adult guide. Discipline means to teach. It creates mutual respect and cooperation. A good leader inspires and stimulates. Children will respect us if they know we respect them. When we punish we fall into line with the child's intentions-into their trap, most typically by venting our own frustration. The use of punishment only helps the child to develop greater power of resistance and defiance. (see ways to discipline)

2-Praise the event not the child to minimize the child's anxiety of living up to that standard. Praise should deal with a child's efforts and achievements not their personality. Our comments should be phrased such that the child draws from them positive inferences about their personality: "Thank You for washing the car it looks new again."
"I liked your Valentines card, it brought me great joy"

3-Encouragement

Have faith that your child can do it now. Children need to feel that they are contributors now not just at some point in the future.

"Try it again, you can do it, or I'm sorry that it didn't work for you"

I'm glad you can do that, how nice! I appreciate what you have done.

Parental love is best shown through constant encouragement toward independence.

4-Avoid threats, bribes and promises. Children don't need bribes to be good. They want to be good. When we bribe a child for good behavior, we are in affect showing her/him we do not trust them, which is a form of discouragement.

5-Apply Logical Consequences

If we allow a child to experience the consequences of his/her acts, we provide an honest and real learning situation. Pity or desire to protect the child confuse logical consequences. "Oh you spilled the milk, here's a sponge" rather than "Oh Honey you spilled your milk I'll clean it up for you."

6-Act rather than speak

Words are often futile. Our actions speak louder than them. "I'm sorry you don't want to cooperate, come back to the table when you can be polite." Stay calm and collected. There is no contest involved, Your firmness will be understood and will bring respect without lengthy explanations.

7-Listen and Acknowledge your child in the moment.

To create a code of understanding in which the child's and parents' respect and integrity remain intact we need to slow down and ask ourselves; "What is my child really asking of me?" before we find ourselves moving towards the "bursting point."

8-Clearly set the boundaries.

Logical consequences can only occur if you have created a clear rhythm in your home life, so your child knows what to expect. i.e. Dinner, bath, songs, story, lights out, kisses. Be consistent.

Proper Discipline is learned through care and love.

Have courage to make mistakes. Reinforce your own courage. Dwelling on your mistakes saps your courage. We are not working for perfection, just improvement.

Look at the results. Check in with yourself and your partner. Does my child continue to do the same thing despite our training? How is the tone of my voice? Angry? Demanding? Insistent? Is my child showing signs of defiance? Do I still have a sense of humor? HAH!