

# EFFECTIVE PARENTAL DISCIPLINE

## I Fundamental beliefs about effective discipline

A child's misbehavior should not be taken personally.

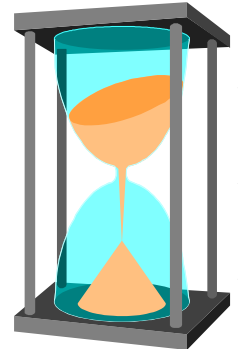
Anger and volume do not increase the effectiveness of discipline.

The purpose of discipline is not "punitive" i.e. - intended to hurt or inflict pain.. its purpose is to change behavior and to teach.

Choose your "battle grounds" carefully.

You will never really "win" an argument with a child, young or old!

Parents almost always talk too much.



## II Guidelines for effective discipline

Use positive reinforcement whenever possible - "catch them being good".

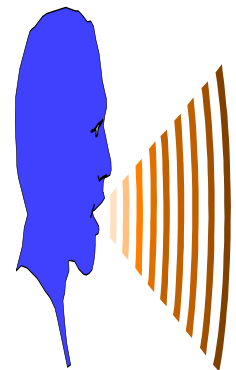
Communicate clearly and assertively - say exactly what you want them to do or what they have done wrong.

Discipline only when CALM... if angry, tell your child that you are angry and come back when calm.

Don't allow child to engage you in an argument.

Always discipline in private.

Clearly state consequences and do not back down.



**Over**





### III Disciplinary consequences

Use “natural” consequences when appropriate - example: when your child, after repeated reminders, leaves roller blades outside and they are stolen, do not replace them.

For other consequences, try to fit the consequence to the crime - example: your teenager stays on the phone an hour longer than permitted. - Phone privileges are taken away for two days.

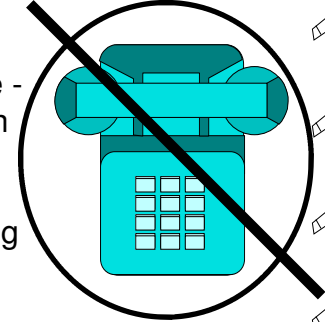
If privileges are taken away, be clear about what exactly is being denied and when it will return.

Choose consequences carefully and never back down.

Negotiate consequences with older children when appropriate.

Return to focusing on positive behavior immediately after correction.

We do NOT need to be angry, nasty, spiteful or power-hungry to be effective - we need to be firm, clear, calm and consistent.

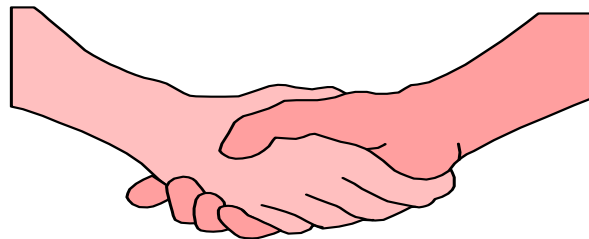


### IV Conclusion

Effective communication and discipline go hand - in - hand.

Parents are only human and will make mistakes.

Remember “God isn’t finished with them (or us) yet!”



**For confidential assistance, contact CONCERN Services at**

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