

How to Discipline Your Child?

Redefining the goals of discipline

- Always take the “LONG VIEW”
 - Developing a healthy, independent young adult
- Effective discipline
 - NOT focused on short term compliance
 - Focused on long term change

 - NOT focused on trivial issues
 - Focused on important issues

Positive Discipline Model

- Focus on managing “bad behaviors” not “bad children”
- Does not see the child as “the enemy”
- Parents form “partnership” with the child to help manage “behaviors”
 - From adversarial stance to a partnership stance

Contrast in Discipline Styles

Positive

- **Strengthens relationship with child**
- **Respectful and kind**
- **Encourage thought and understanding**
- **Building towards independence (teaching skills)**

Negative

- **Isolates and alienates the child**
- **Humiliates and hurt**
- **Blind obedience without question**
- **Encouraging dependence (no skills developed)**

Principles in Action

- **Strengthens relationship with child**
 - Child does not see us as adversaries
 - Reinforce love for child: child is secure in our acceptance
 - Builds trust rather than fear

 - Relationship is foundation for effective discipline (increases influence)

- **Respectful and kind**
 - **Firmness and clear boundaries**
 - **Not out of control emotional reactions**

 - **Model control and EQ**
 - **Aim is not humiliate the child or break their will and character**

- **Building towards independence (teaching skills)**
 - Coaching child how to manage “bad behaviors”
 - EQ skills: managing emotions (anger, stress, frustration, fear)
 - Problem solving skills

- **Encourage thought and understanding**
 - **Understanding WHY**
 - **Focus not just on short term compliance but long term understand**
 - **Always communicate rationale: transparent motives (why?)**

4 Methods of Discipline

- Punishment
 - Positive: deliver something undesirable
 - Negative: take away something desirable
- Reinforcement
 - Positive: deliver something desirable
 - Negative: take away something undesirable

Issue of Consistency

- Discipline is based on child's behaviors not parents emotions



Prevention

- How to prevent putting children in “impossible situations”
- Eg. Tantrums

Tweens and Teenagers

- Shift to move collaborative relationship
 - Higher level of reasoning
 - Better able to understand long term objectives
 - What does it take to “make it in the world”
 - Greater self governance

 - Acknowledge the “storm and stress” identity crises they are experiencing
 - Focus on personal safety

Q and A