



ABC's of Discipline

Children act out for different reasons. The most common reasons are to get attention, wanting revenge, feeling angry, feeling unloved, feeling tired or irritable or having a momentarily lack in thinking. The ABC's of Discipline is a helpful tool to assist parents in managing their child(ren's) negative behavior.

The A's Of Discipline:

1. Accurately define your goals as a parent. Define your long term goals as a parent. For many parents the goal is to guild their children to being healthy, loving members of society.
2. Accept responsibility for your part of the challenge. Be consistent. For example remember as parents you have to keep your agreements when you said you are no longer going to remind your child(ren) to take their lunch to school.
3. Address and name the problem. Describe the problem behavior. For example, "today I saw you watch 2 hours of TV while doing 5 minutes of homework and doing no chores.

The B's Of Discipline:

1. Before disciplining your children consider these factors:
 - Model the behavior you want your child to adopt. For example, if you want your child to listen respectfully to you, do you model that to them? Children's main learning comes from you. Look at how you are doing with your diet, respectful language, exercise, and sharing feeling, before judging your child. And remember to always reward your child for the behaviors you are trying to instill in them.
 - Do you provide age appropriate choices? For example, for younger children you could ask "Do you want your juice in the green or red cup?"

- Are your household rules age appropriate? Bedtime will vary with the need and age of your child(ren). Involve older children in establishing house rules when possible.
- Be lovingly firm. Your child(ren) should be able to count on you.

The C's Of Discipline:

1. Clearly Communicate:

- Do you encourage and celebrate the behaviors you want. For example, “Yeah! The dishwasher is empty. Thank you so much. I love coming home to a clean kitchen to cook when I come home.”
- Make sure the house rules and expectations are clear and describable.
- Keep “No” and “Stop” for emergencies so they will be well-heard and given immediate attention.
- Use effective cause and effect teaching tools. For example “Yes, after your homework is complete you can watch television.

2. Create Consequence that are appropriate and meaningful:

Teach your child(ren) that for every action there is a consequence. This helps your child(ren) feel safe and supported. Following through on your word gives your child(ren) a sense of predictability and choice. It lets them know that you are living up to your end of the agreement.

- Discuss and plan your consequences ahead of time? This allows children to make a choice of appropriate behavior or not. For example when you have your pajamas on and your teeth are brushed I have more time to read the whole bedtime story to you.”
- Do you use consequences that allow you to take precise actions such as removing a service or a privilege? Parents are required to provide basic shelter, food, clothing, guidance and love. The rest, including cell phones, eating out, TV, video games, chauffeuring and designer jeans are all optional. Parents have more influence than they often realize.
- Do you tend to overuse Time Outs? Often it’s the parent who would benefit from a Time Out as a breather from frustration.

For more information regarding the ABC's of Discipline or to download this entire article please log into www.solutionsforresilience.com