

Disciplining Children



Even though it is sometimes difficult for parents, discipline is essential for development. In fact, children learn to equate reasonable discipline with love because it means someone is watching out for them.

In order to give discipline in a healthy and effective way, the following guidelines should be followed:

- ✓ As parents, discuss your forms of discipline and work together to enforce the same rules and measures.
- ✓ Make sure your children understand what the rules are and the consequences of their misbehavior.
- ✓ Be consistent.
- ✓ When possible, discipline your child in private. Children should be allowed dignity.
- ✓ Effective forms of discipline include depriving your child of something enjoyable such as watching TV or attending a social event.
- ✓ Recognize both positive and negative behaviors so that the child knows that you are always paying attention.
- ✓ Use a positive approach to changing your child's behavior.
- ✓ Using corporal punishment may get immediate results but it doesn't work in the long run.
- ✓ If you lose your temper, apologize to your child. Your children are learning from your example as much as you are watching their behavior.

Your discipline will be seen as an expression of caring and enhancing your child's personal development when the relationship is based on mutual love and respect.