

Do's and Don'ts of Discipline

1. ***Don't react emotionally.*** Do let your feelings be your mentor, not your master. Feelings are a barometer that gives information about the child so you can decide how to act rather than react.
2. ***Don't scream, yell, or use sarcasm.*** Don't be angry, be effective. We all blow it from time to time. When you do, it lets the child win and you know that the child is in charge.
3. ***Don't repeat yourself.*** Say it once, and mean it. Explanations and lectures give attention to misbehavior. Children will misbehave to get you to repeat yourself.
4. ***Don't overuse praise.*** Do be careful of making a child praise dependent.
5. ***Don't be punitive.*** Do give choices. Use natural or logical consequences rather than punishments.
6. ***Don't be harsh.*** A rule is not a rule without a consequence. The power of the consequence is the predictability and the child's ability to choose. It doesn't have to hurt, it just has to happen.
7. ***Don't use criticism or judgements as labels.*** These don't help, they simply diminish self-esteem.
8. ***Don't get into a power struggle.*** If you can't enforce it, don't demand it.
9. ***Don't ignore God's resources.*** Do pray for God's guidance and wisdom to "disciple" your child.

"Fathers, do not embitter your children, or they will become discouraged."

Colossians 3:21

