

Parental Discipline

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Super Kids



Discipline

Disciplining is Setting children on the right path.

Disciplining is not about showing who's the Boss.

Discipline should stem from love and concern.

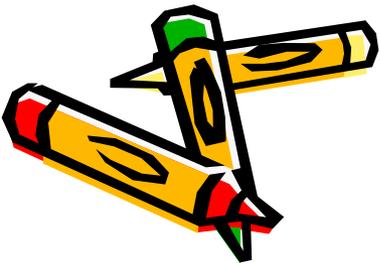
Children must be made to understand that the behavior is not correct and not that the child is bad.



Disciplining Your Child

The common discipline problems faced with child are

1. Disobedience
2. Lying
3. Shouting
4. Cheating
5. Misbehaving
6. Throwing Tantrums
7. Swearing



Where do we start?

The first and foremost step:

1. Setting the rules clear in your head:

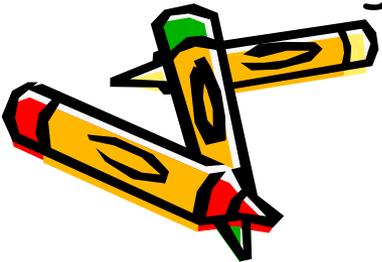
Discipline cannot be achieved by shouting and yelling, it has to be achieved by authority and assertiveness. Once you are clear with the rules they have to be communicated to the child with love and authority. The rules have to be firm and clear, but should be revised from time to time. A sure cut way to discipline is by setting a good example.

2. No Physical abuse:

Physical abuse only tends to hurt the child and he is bound to remember it for the rest of his life how his parent used his physical power over him.

3. Never compare the child with another:

Never compare the child with another to teach him something. This could spoil the child's relationships.



4. *Find out why the child is behaving in that way.* Always ask you child, "What happened?". Never ask , "Why"

5. *Most children behave to know their limits.*

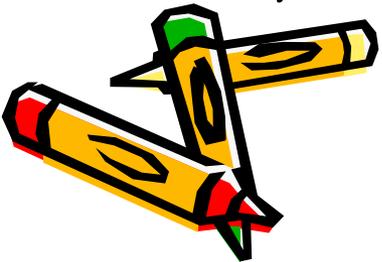
Children act to know what they can accomplish. They are exploring as to what and how much they can accomplish.

6. *As a parent you need to set limits.*

7. *Try to read moral stories to kids.*

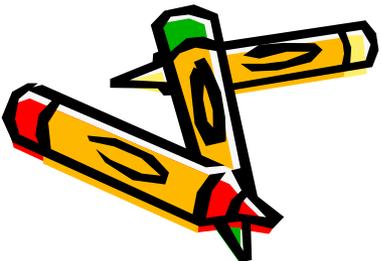
8. *Be consistent in following the rules that you have set.*

9. *Both punishment and praise should be involved.*



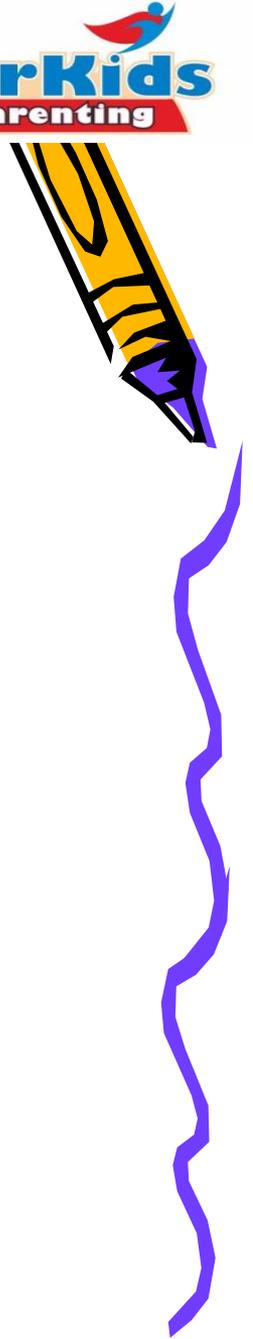
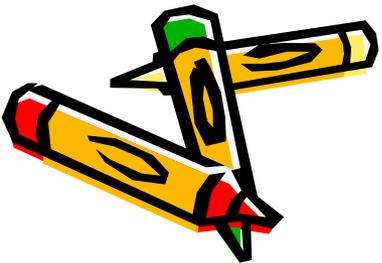
Plan of Action for improved behaviour

1. Establish Goals.
2. List the specific behaviour that you want to increase or decrease.
3. Select one or two priority behaviour to change.
4. Observe and keep a record for few days.
5. Decide how you will intervene.
6. Make a list of rewards and punishments.
7. Explain the plan to your children.
8. Tell them the consequences.
9. Evaluate and adjust the plan.



Some Specific problems in Disciplining and Suggestions to Handle them

1. Sibling Rivalry
2. Anger and tantrums
3. Spoilt children



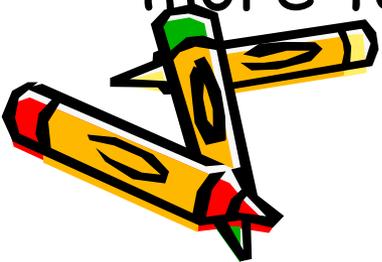
Sibling Rivalry

Sibling rivalry is a very common discipline problem. Generally comes because children are not willing to share their parent's love and attention. When the age difference between children is less, rivalry also takes the form of competition. Parents should try and go to the root of the problem and try and arrest rivalry at a young age. When there is a quarrel between the children, parents should not interfere and let the children handle it themselves. Generally comparisons and partiality shown by parents also add a lot of fuel to the fire. Avoid comparing; every child has his positives and negatives. Create a loving and happy atmosphere in the house and the children are likely to reflect that.



Anger and tantrums

Anger at a young age manifests itself in the form of tantrums. This is again another common discipline problem. The best way to control a tantrum is to initially ignore it and let the child control it himself. You could also try and give the child his favorite toy to soothe him down. Holding the child and caressing him also reassures him and helps him get out of his inner turmoil. Don't give to her demands. This will psychologically trigger more tantrums so she can get her way.



Spoilt children

Spoilt children are those who are crying and whining all the time and always wanting their demands fulfilled. He is always craving for his parents attentions. He never behaves in a discipline manner.

This behavior can be controlled with a few useful tips:

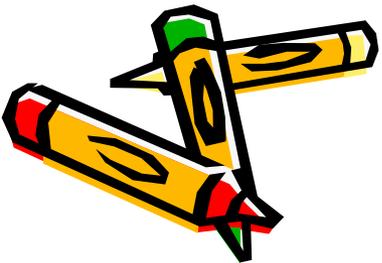
1. Praise your child when he has behaved in a disciplined manner.
2. Go to the root of the problem and try and solve it together rather than against each other.
3. Try and revise your discipline rules according to the situation and communicate it to your child.

Contd...



4. Be assertive when telling the child to do something, remember you are not requesting.
5. Always show love, affection and understanding when communicating with your child.
6. Try and put yourself in his shoes when asking him to do something.

Whether you want your child to respect their grandparents or to go to bed early or to respect their possessions or to greet guests or to talk politely with strangers, it has to all be communicated to the child and set clean and clear before the child. *Children get confused when the preacher does not follow what he preaches and the parent is inconsistent with the discipline rule according to the situation.*

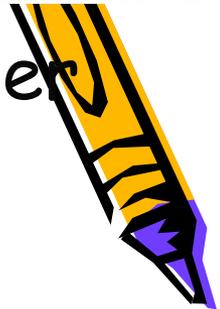
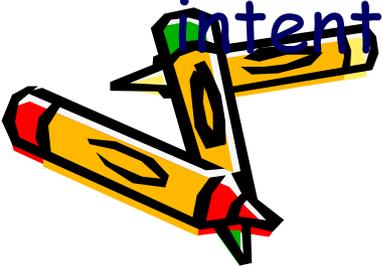


Rewards and punishments

Rewards and punishments are good in toddler discipline as long as the parents are watching. But, you should teach to develop his self motivation.

Some parents use Physical punishment because they think that their toddlers will be highly obedient if they use physical punishment.

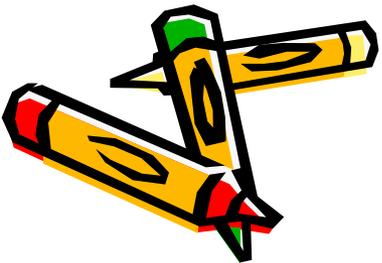
If you concentrate on obedience, your toddler becomes passive or more aggressive. Physical punishment affects the relationship between you and your toddler because no one feels loving towards someone who intentionally hurts them.



Love and affection are important!

Strong bonds can be formed by the cooperative behavior based on love, affection, kindness and cooperation. If you show anger and punish your toddler physically and harshly, it is stored inside and comes out later in life.

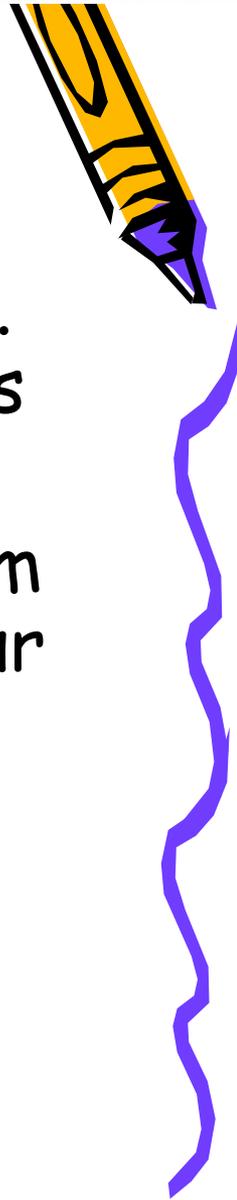
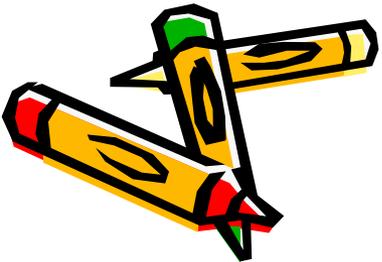
Loving support is the only way to make your toddler learn moral behavior based on strong inner values.



Become a role model!

You are the role model to your toddler. You have to explain and show your toddler how to solve the problems in a peaceful way. If you are calm and cool, your toddler learns the same thing from you.

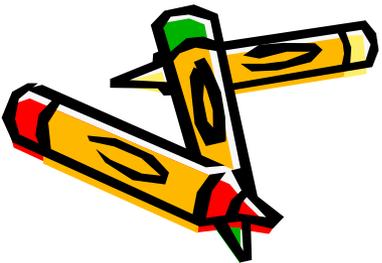
You have to make routines and stick to them for proper toddler discipline. Encourage your toddler to share and discuss problems with you. Praise your toddler when rules are obeyed. Remain patient when rules are broken.



Time and patience pays!

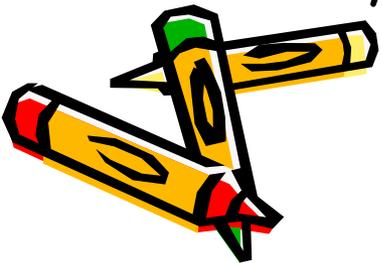
Time and patience are required in toddler discipline, but it can make parenting easier and more rewarding. You should tell your toddler that you love him even if he misbehaves.

This helps your relationship with your toddler to grow stronger and your toddler learns important skills to help guide them through life. Gentle toddler discipline will pay off in the end.



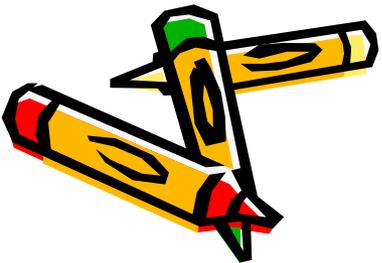
Practical Guidelines

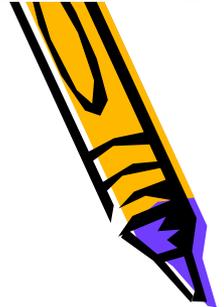
1. Time-Out Technique
2. Out-of- Reach Technique
3. Separation Technique
4. Don't say, "Do you want to...?" just do what is necessary. Don't offer a choice. Don't give the small child too many reasons. Exp: Lunch time, Bath time.
5. Show interest in what your child is doing.
Exp: If your child is playing with a toy dog at bedtime, you can say, 'Lets put doggie to bed now'



Closing Words

- Consistency is the key for effective parenting.
- Both punishment and praise are involved in effective parenting.
- Your reactions to good behavior or misbehavior should be modified to fit your child's needs.
- Effective parenting means finding the results that fit the bad behavior.
- Whatever the technique works for one child may not work for another. Each child is different. Find out in what way effective parenting works for your child.





Thankyou
and
Happy Parenting

