

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. **Do** say it once, and mean it. Explanations and lectures give attention to misbehavior. Children will misbehave to get you to repeat and lecture.
4. **Don't** overuse praise. Do be careful of make a child praise dependent.
5. **Do** give choices. Use natural or logical consequences rather than punishments.
6. **Do** say it, mean it, do it. Second chances undermine the child's trust in the predictability of the environment and the adult words.
7. **Don't** use criticism or judgments as labels. These do not help, they simply diminish self-esteem.
8. **Do** pray for God's guidance and wisdom to "disciple" your child.

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

Colossians 3:21

Parent Connection by Karin Klein