

Parenting Tips
from
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Opening times : Monday to Friday 12 PM to 4 PM

DISCIPLINE

Discipline is a necessary part of parenting, yet it is often misunderstood. It is usually associated with punishment - smacking, humiliation and other types of censuring action. Effective discipline teaches children about appropriate behaviour. Good discipline encourages them to take responsibility for their own actions. It doesn't involve physical harm or verbal put-downs. However, it does require firmness and a willingness to treat children with respect, even if they don't always respond to us in kind.

Bright Ideas:

- Try the ESCAPE formula when dealing with children's misbehaviour.
- ESTABLISH clear limits and boundaries for children. Rules need to be clear and specific. 'Be home by six o'clock is more effective than 'don't be late'.
- STOP, think and go against your first impulse when children misbehave. If you feel like losing your cool with your children take a walk, phone a friend or even count to ten before interacting with them.
- CUE children once when giving instructions or directions. Repeated requests or threats only encourage 'parent deafness' in children.
- ACT when children don't stick to the limits or refuse to cooperate. Rather than nag or coax children into doing the right thing implement a consequence that is related to their misbehaviour. For instance, children who constantly come home late can stay home next time and toddlers who leave toys around can lose them for a while.
- PINPOINT the reason for the children's behaviour. As much of their misbehaviour is to get their parents' attention our initial reaction often encourages it further. If you constantly nag children at bedtime, coax attention-seekers to cooperate and argue with determined teenagers - try changing the way you respond.
- ENCOURAGE children at every opportunity. Children who are difficult to deal with generally lack self-confidence and doubt their self-worth so they need constant encouragement.

- **REMEMBER, consistency rather than severity is the key to effective discipline.**

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