

Teaching Children Discipline -- The Facts!

Being a parent is anything but easy. It takes patience, creativity, and endless amounts of love. Some parenting skills come naturally, many are learned.

The same can be said of children. Their curiosity is natural; however, discipline must be learned. As parents, we are responsible for teaching discipline to our children. It takes time and practice - but it does get easier - as children learn to control their behavior. It doesn't have to hurt you or your child.

Here are some questions parents often ask:

What is discipline?

Discipline is helping children develop self-control. It is setting limits and correcting undesirable behavior. Discipline also is encouraging children, guiding them, helping them feel good about themselves, and teaching them how to think for themselves.

Is spanking a good form of discipline? No, discipline should help children learn how to control their own behavior. Spanking is used to directly control children's behavior. It does not teach children self-control, as good discipline should.

Won't spanking teach children who's boss? Kids do need to know that the adult is in charge. Spanking can teach children to be afraid of the adult in charge. Good discipline teaches children to respect the adult in charge. Respect goes both ways - treat children with respect and let them have some control - and they will respect you and listen to you.

What can I do to show my children how a person with self-control acts?

Children do as you do, not as you say. If you want your children to obey rules, to solve their own problems, and to control their anger, then you must set good examples for them to follow.

What do I do when my children break the rules? Stay calm, and try to do what is fair. Sometimes your children can help you decide what is fair to do when a rule is broken. Do something that makes sense and will help them learn not to make the same mistake again. For example, if they write on the wall, have them help clean it up.



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