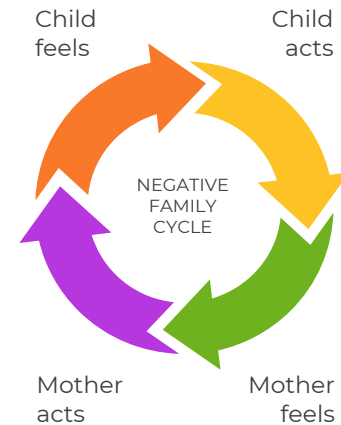


Key Concept

Effective Discipline

Why Discipline Is Difficult After Divorce

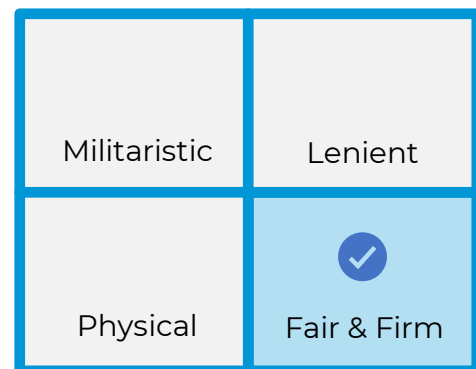
- Other parent is not there to help
- Discipline may be a new role
- Stress causes negative cycles and less cooperation
- Less time and energy to supervise
- Children have more responsibilities
- Guilt makes it more difficult to discipline



Stress causes negative cycles and less cooperation

The Most Effective Parenting Style is “Fair and Firm”

- Catch children being good as often as you can
- Don't go overboard with rules
- Have realistic expectations and communicate them clearly
- Have reasonable consequences and use them consistently



Benefits of Effective Discipline

- Reassures children by making their environment more predictable
- Leads to more cooperation
- Decreases stress for mothers and children
- Decreases negative cycles

Why Children Misbehave: Myths and Truths

MYTHS

- They're rotten or bad
- They're punishing you
- They want to make you crazy

TRUTHS

- Expectations or consequences are not clear
- Misbehavior is not consistently punished
- Not getting enough positive attention
- Negative influence of peers



Clear and Realistic Rules

Tip Sheet

- Set clear and realistic rules
- Identify and count a misbehavior you want to change
- Select wise consequences
- Develop a change plan
- Use the change plan and see how it works

When you set a rule ask yourself:
Have I clearly told my child what I expect, and when I expect it to be done?

Clear: A clear rule has two parts. The rule should tell your children exactly what you want them to do, and when you expect them to do it.

Realistic: A realistic rule is something that children can realistically do at their age and maturity level. Seven year olds can pick up their toys and clear their dinner plate, but you wouldn't expect them to make dinner or do the dishes.

Keep your room clean



Not clear enough

I want you to put your dirty clothes in the hamper before going to bed



Clear!

Why they are important

- Help children understand what you want
- Help children succeed and get positive attention



The most effective parenting style is “Fair and Firm.” Set clear and realistic rules. Explain clear consequences for breaking rules, and consistently follow through with those consequences. This style also leads to less conflict, resulting in more harmony within the family.



Create Rules / Count Misbehaviors

Home Practice



_____ Date

Child's Name: _____

Creating a Change Plan

1. Identify a misbehavior that is bothering you
2. Set a clear and realistic rule
3. Count the misbehavior

The behavior that I want my child to change (e.g., my child whining when I ask him or her to do something):

Clear and realistic expectation (e.g., my child will do what I ask without whining):

How I will count the behavior (e.g., give checkmarks every time my daughter whines after I say "turn off the T.V."):



For a misbehavior that only occurs once or twice per day, such as not brushing teeth before bedtime or not completing homework before watching TV, you can count whether it happens on any given day.

Other misbehaviors can happen multiple times during the day, such as whining, hitting, or talking back. When counting these types of misbehaviors, pick a specific block of time when it's likely to happen, like during dinner time or getting ready for school. Check off each time the misbehavior happens during that block of time.

Counting Misbehavior Tracking Sheet

Don't try to change misbehaviors. You will simply count them so when you start implementing a change plan next week, you will know if it's working. If your children ask what you are doing, tell them you are concerned about the misbehavior so you are keeping track.

Put a check in the box each time you see the misbehavior. If your child is gone on a day, put an X in the box.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	WEEK TOTAL
EXAMPLE					X	X	X	18
WEEK 1								
WEEK 2								
WEEK 3								