



We hope that you will find this summary to be helpful to you as you deal with discipline situations and challenges at home.

## Top Ten Thinking Tips from “Discipline Matters”

1. Discipline is **NOT** the same thing as punishment. Discipline should be a positive way of helping and guiding children to achieve self-discipline.
2. No one has all the answers to discipline challenges. However, sharing ideas and strategies with other parents is helpful!
3. Behavior is learned and is shaped by consequences. Behavior that is rewarded continues. Sometimes we reward bad behaviors by paying too much attention to them and engaging our children in an argument. **Limit attention and engagement if your child is not complying so that it is not rewarded.**
4. Kids misbehave for many reasons including a desire to get a certain response from their parents, a lack of understanding of what is expected, wearing parents down to get what they desire, and disregard of rules.
5. All children **NEED discipline to protect them from danger, to help them understand what is acceptable, to help them learn to think in an orderly fashion, and to help them understand society’s rules and values.**
6. Discipline is the process of teaching your child what is allowed or not allowed and why. Punishment includes any consequences of a behavior that reduces the frequency of that behavior.
7. Physical punishments and verbal abuse have been shown to be the **LEAST** effective types of punishment. Discipline that is effective results in **compliance** by the child to rules and directives.
8. To gain compliance, focus on behavior – not attitude. Behavior can be seen, heard, and measured.

9. Consequences that don't work include showing emotions such as frustration and anger and talking too much when disciplining,  
**Parents need to try something different!**

10. Strategies to try:

**Directives** – giving a specific, direct command with no emotion;

**Acknowledgement** – let them know that you know about the inappropriate behavior in a matter-of-fact way;

**Direct Reprimand** – tell them what they did wrong and administer a consequence;

**Disengagement** – move away and ignore;

**Time Out** – There is a right way to use this strategy that makes it more effective.