



March 2007



Discipline Without Damage

As her young child threw his hamburger on the floor and climbed over the other children to get to the top of the indoor playground, she shrugged her shoulders and exclaimed, "I would insist he calm down, but I am so afraid I will scar him!" A common parental concern -- how do you discipline your child without damaging them?

The first step

Applying discipline without damage is to purposely choose to become a proactive parent. A proactive parent focuses on what a child needs as opposed to a reactive style that focuses on what a child does.

The second step

Understand that the purpose of discipline is to prepare a child for independence - defining healthy behavioral boundaries for life on their own. Since punishment is synonymously used for discipline many parents find it better to think of discipline as guidance. Various forms of guidance include positive/negative reinforcement, physical manipulation, natural/imposed consequences and physical correction.

The third step

Determine whether the misbehavior is playful or willful. Playful misbehavior is not a conscious act of disobedience but rather a result of careless immaturity. Willful misbehavior is a conscious act of the child's will that rebels against parental instructions. A parent who determines the type of misbehavior will be able to make a wiser choice on the type of consequences and guidance to administer.

When it comes to disciplining remember your child is unique to every other child. Parenting with positive long-term effects involves focusing on the relationship more than the rules. Think about how you discipline and the reasons behind what you do.

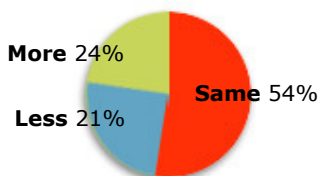


Ask God:

1. To give you wisdom and discernment in deciding the correct form of discipline for your child.
2. To grant you patience when dealing with an issue that seems to be constantly repeated.
3. For the ability to respond in love to your children no matter how he/she may be responding to you.
4. To help you see your child with the love of God and the way He sees them.
5. To allow your child to grasp the concept that God gave them to you for a reason and to trust your decisions.
6. To help you maintain consistency at all costs when dealing with discipline.

FYI...

Compared to your own mother's discipline, your level of discipline is:



abcnews.com

Healthy Parenting

1. **Use appropriate age-level tactics.** Make sure your child understands what he/she did wrong and why they are being punished. If you use time-outs, be sure that the length of time is right for each specific incident.
2. **Be consistent with rules and enforcement.** Don't back yourself in a corner by telling your child you will do something you are not willing to carry through. If the consequence is set at no video games for a week, then stick with it.
3. **Discipline for the right reasons.** Stay in control of your emotions and don't let things that have happened to you in other situations control your desires to properly discipline.

OpenTheBook

"And you have forgotten that word of encouragement that addresses you as sons: 'My son, do not make light of the Lord's discipline, and do not lose heart when he rebukes you, because the Lord disciplines those he loves, and he punishes everyone he accepts as a son.'"

Hebrews 12:5 (NIV)

"No discipline seems pleasant at the time, but painful. Later on, however, it produces a harvest of righteousness and peace for those who have been trained by it."

Hebrews 12:11 (NIV)

Teachable Moments:

Role play with your child. Let them be the parent and you be the child. Have them set the rules. As you play, purposefully break the rules. Allow your child to discipline you and make consequences for your actions.

Afterward, ask your child what it felt like to have to be a parent. Ask them why they reacted the way they did. Reiterate to them the reasons you discipline.



"Fix these words of mine in your hearts and minds... Teach them to your children, talking about them when you sit at home and when you walk **Along the Road** when you lie down and when you get up."

Deuteronomy 11:18-19

Here are a few discussion questions to get you and your kids talking! Remember to use as much if not more listening than talking.

1. If you could have any **super power**, what would it be and why?
2. Who is your **favorite character** in the Bible? What exactly do you like about them?
3. Do you think when you get in trouble Mommy and/or Daddy are:
 - a) Too **easy** on you
 - b) Too **hard** on you
 - c) Just **right**
4. If you were a **mommy or daddy**, how would you act when your kids got in trouble? Why would you do that?



Publicagenda.org conducted a study with teachers regarding discipline issues. Here are some of their findings:

- * Nearly 8 in 10 teachers (**78%**) said students are quick to remind them that they have rights or that their parents can sue.
- * Nearly half of teachers surveyed (**49%**) reported they have been accused of unfairly disciplining a student.
- * More than half of teachers (**55%**) said that districts backing down from assertive parents causes discipline problems in the nation's schools.

Healthy Habits: Washing up

Did you know that proper hand washing is the #1 way to reduce the number of colds and other illnesses your child acquires? Are you and your kids washing correctly?

Try these tips next time:

- Wet hands. Use liquid or clean bar soap, which should be kept on a dish to drain.
- Rub both hands together and scrub all surfaces for at least 20 seconds. Nurses and doctors scrub for 30 seconds. Try singing a favorite song that lasts about 20-30 seconds while you are washing.
- Rinse your hands well and dry them.
- If soap and water aren't available, use alcohol-based wipes or gel sanitizers.



By the way... Antibacterial soaps account for one-third of all soap sales, but studies are underway to determine if they fight germs better than soap and water, and whether they may promote "super germs" that resist antibiotics. (Parents Connection/Texas Children's Hospital)



What's on TV...

Show: "Cory in the House"

Network: Disney

Genre: Comedy

Recommended age: 8+

Cast: Jason Dolley, Kyle Massey, Rondell Sheridan

Warnings: Contains mild comedic peril/violence (usually leading to nothing more than wincing and moaning), the word "butt" is used infrequently, and mild flirting (not sexual in nature).

Positives: Contains strong messages in self-respect, honesty, and friendship.

Also on DVD...

Show: "The Naked Brothers Band Movie"

Network: Nickelodeon

Genre: Children's Live Action

Recommended age: 10+

Cast: Nat Wolff, Alex Wolff, Michael Wolff

Warnings: Contains some female characters in skimpy clothes and a sexual reference, frequent use of "Oh my God" and "shut up" with one exclamation of "Jesus". Adult role models are largely absent from the film. The following topics are touched on: inappropriate hand gestures and homosexuality.

Games...

Title	Rating	Content	Age	Platform
Elebits	E	Cartoon violence	7+	Wii
Need for Speed Carbon	E	Glorifies illegal acts, mild sexual innuendo, violence	10+	Windows PC, XBOX/360, PS2, PS3, CG, Wii
Lost Planet: Extreme Condition	T	Animated blood, foul language, graphic violence against aliens, weapons	14+	XBOX360



Amazing Ooze

Ingredients:

- 1 cup Cornstarch
- 1-2 drops Food Coloring (optional)
- 1/2 cup Water
- Newspapers
- Measuring Cup
- Large Bowl

Instructions:

Cover work area with newspaper. Put cornstarch in large bowl. Add 1-2 drops of food coloring. Add water slowly, mixing the cornstarch until all of the powder is wet. Keep adding water until mixture looks like a liquid when stirred slowly. Tap lightly on the surface with your finger or spoon. If too wet add cornstarch; too dry, add water. Try to pick up the resulting "liquid". It feels like a solid until you open your hand and then it will slip through your fingers.

Source: Aunt Libby's Kitchen
<http://mcgees.com/kitchen>



Movie night made easy

1. Have a family meeting and choose a weekend when everyone is available. You could spread this out over the week or whatever works best for you.
2. Go to the local movie store and allow each member to pick out a movie that they like but is still appropriate for everyone else in the family.
3. Draw names to determine the order in which the movies are played.
4. Each family member must watch the other movies.
5. After the movie is over, talk to the one who chose it; ask them what they liked about it. Allow the other members to express something positive about the movie.

This will encourage family time, make each member feel important, teach your kids to think about someone else's opinion, and just be fun. Enjoy the show!

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