

## PARENTING IN 5: DISCIPLINE

*“It’s the child he loves that God corrects; a father’s delight is behind all this.”*

Proverbs 3:12 MSG

(see also Hebrews 12:4-11)

### What does this mean?

- discipline is an important part of parenting and one of the ways we show love to our children
- the motivation of discipline is positive (for the whole family)
- as adults, we are still being corrected by God

### How do we do it?

- consider your parenting principles, examples include:
  - respect is important in our family so we will listen to one another even when upset, but yelling and name-calling are not OK
  - being responsible is important in our family so everyone will share in the household chores
  - nutrition is important to our family so we will eat fruits and vegetables at every meal
- communicate the principles with the whole family and any other caregivers
- make expectations clear including rewards and consequences
- try seeing disobedience from your child’s point of view:
  - keep in mind that toddlers are already challenged with things like learning to use eating utensils, the potty, and how to communicate with their words
  - younger children can be expected to follow directions and be obedient if they know and understand the rules, if your child is not complying try teaching them again
  - teens and pre-teens will challenge rules because they also want to understand the “why”; this is an opportunity to share your faith and values rather than just reinforcing the rules



#### Top Tip:

consistency is the most important part of discipline—try not to change how harsh or lenient you are based on your own mood

### Here to help!

- principled parenting can be exhausting...no, principled parenting *is* exhausting...so consider engaging in a hobby, or joining a group, for support and to recharge your batteries  
<https://www.desertvineyard.org/groups>