



PARENTING

## The discipline “dirty 1/2 dozen”

*“If you do that one more time Junior I’ll deal with you. I promise!”* Children’s behaviour can exasperate parents, but how you respond to their misbehaviour can determine whether the behaviour continues or changes. Using the above verbal exchange as an example, what is the most likely outcome:

- ▶ And the child obeyed and the parent lived happily ever after, or...
- ▶ And the child did exactly what you told them not to do!

If you guessed the second option you are right. The reason discipline can rebound is because some discipline approaches are self defeating. A self defeating pattern is when a wall is created between a parent and their child. Walls are barriers that disconnect you from your child. This makes it difficult for your child to hear and obey because walls make communication foggy. Here are six discipline approaches that build stone walls. Remember, these ‘dirty half dozen’ are self defeating and usually continue the misbehaviour, rather than stop it.

### 1 Shaming, blaming, & humiliating

*“You are so stupid. Why can’t you be like other kids!”* These three weapons wound children. They destroy a child’s sense of value and esteem. They are so poisonous the child might be coerced into change,



### Keep Choosing

Einstein was not just smart in physics, but he also had deep insights into life. He said, ‘How many people are trapped in their everyday habits. To have a better life we must keep choosing how we are living.’ As parents, the choices we make each day add up to the kind of lives we create for ourselves and our children. That’s great news because everyday we can keep choosing our best thinking and our best actions. And that’s what helps our children be their very best.

*Ian*  
Happy parenting,  
Ian

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