

Greetings!

As a parent coach the question I am most frequently asked is, what are appropriate consequences for a child of a particular age or who has exhibited a certain behavior? In this months article we will examine this issue and try to clear up some misconceptions.

Consequences

Using consequences is perhaps one of the most difficult discipline skills to master. A frequent mis-conception by parents is that in order for a consequence to work it needs to be painful. Quite the opposite is true, consequences given with teaching in mind are far more effective than fear based consequences.

For example shame is a fear based consequence. "What did you do that for, you know better than to pull toys away from your brother, now you made him cry. No computer time for you today." First this statement shames the child and the result will likely be resentment being built up within the child. In addition the consequence of "no computer time" can not be tied in any way to the initial mis-behavior and therefore is not likely to change the behavior in the future.

A statement based on a more loving, teaching approach might sound like this, "When you want a toy that your brother has, offer him a trade, like this (model the behavior) then you will get what you want and both of you will feel safe. If you pull a toy away again you will need to come to time in for a while. Do you understand what will happen if you take a toy away from your brother again?"

This method stresses that each conflict a parent encounters is an opportunity to teach rather than blame and shame the child. Teaching not only helps the child understand what to do differently next time but also builds very important connections between parent and child. In addition, when we use conflict as an opportunity to teach it helps build problem solving abilities in our children. When they are not filled with shame they are open to the idea of learning new ways of dealing with conflict.

Back by Popular Demand-Book Studies

Easy to Love, Difficult to Discipline by Dr. Becky Bailey Book Study (Part 1)

This amazing book will be studied chapter by chapter and will provide parents with support, insight and strategies to empower them as a parent. We will cover a

Featured Article



FREE ADMISSION

Love and Limits

"Six essentials to raising cooperative, happy children"

This ninety minute presentation will empower you with strategies to engage cooperation from children. We will discuss the importance of setting limits and the consequences that enforces those limits. Bring a friend!

**Weyers-Hillard Library
Wednesday, August 19,
2009
6:30-8:00 PM**

Presenter: Ruth Fett, Parent Coach

For more information call
920-619-6539

Quick Links

**For more information
about Parent Team visit
our [web site](#)**

Join Our Mailing List!

chapter a week and be able to finish about half the book.

Where: Starting Point Child Care Center

When: Wednesdays, 6:30-7:30 PM September 16-October 21

Cost: \$45.00 for a single \$70.00 for a couple (come with a friend) Book included.

Register by mail by completing the [registration form](#) and sending it with your check to:

Parent Team
1131 Beechwood Dr.
Green Bay, WI 54313

Questions? Call Ruth at 920-619-6539

Parent Team is a parent coaching service ready to serve you needs. Whether it be a teenager who is rebelling or a toddler who just will not listen, I can help.

Sincerely,

Ruth Fett
Parent Team LLC

920-619-6539