

Research reveals discipline that actually works

Think about how your parents raised you. What discipline methods did they use? Research shows that even when parents don't agree with how they were disciplined as children, many use the same approaches themselves.

For example, adults who were yelled at as kids were more likely to yell as parents--even if they thought yelling didn't work, according to one study.

In order to discipline effectively, consider what you believe will work. Experts say certain methods work best. For example:

- Acknowledge good behavior. What are the most important behaviors for your child to learn? When you see them, take notice. Say, "It's nice that you invited the new boy to sit with you at lunch. I bet that made him feel good."
- Use consequences that are natural or logical. When your child does something inappropriate, choose a natural or logical response, if possible. A natural consequence of forgetting homework is getting a zero. A logical consequence of losing an item is having to replace it.
- Plan ahead. Talk with your child about discipline. Why is it helpful? How does it work? After considering her ideas, list basic rules and consequences. Then follow through with consistency, fairness and respect.

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