



Seven Principles of Discipline

Source: Charles T. Gruszka, M.A., C.A.G.S

1. Discipline is something you do for a child, not something you do to him or her
 2. Good discipline teaches; it doesn't merely punish. It preserves self-esteem
 3. Keep priorities in order – personal care issues are always less important than personal safety, schoolwork, and the safety, rights, and property of others
 4. Focus efforts on taking note of and reinforcing positive behavior. **When enforcing limits, use action to get action – not anger or words (nagging or sermons)**
 5. Be consistent – put rules and consequences in writing in advance, when you can think rationally (**Family Council**)
 6. No consequence will be effective unless a child has some measure of self-esteem
 7. In dealing with sibling rivalry: 1) don't inflame the natural jealousy of children; 2) establish a workable system of justice; 3) recognize that the hidden 'target' of sibling rivalry is you
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