

WELL-INTENDED BEHAVIORS THAT MAY CAUSE FUTURE HARM

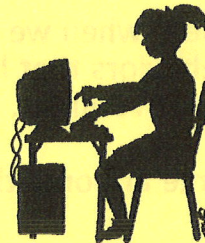
As parents, we sometimes get our children in the habit of receiving rewards or gifts, either immediately or without having earned them, without first thinking about the negative consequences these actions might have in their future. Some examples of these well-intended behaviors are:

- Buying the candy they want to have them stop crying.
- Buying a toy just because their friends have one and they have not earned it.
- Letting them watch their favorite program even when they have not finished their homework.
- Giving them the reward ahead of time without having met the prior arrangement.

THE MAIN PILLARS OF POSITIVE DISCIPLINE

Academic achievement is closely linked to the following foundations of discipline:

1. Time Management
2. Sense of Responsibility
3. Persistence
4. Consistency
5. Tolerance to Frustration

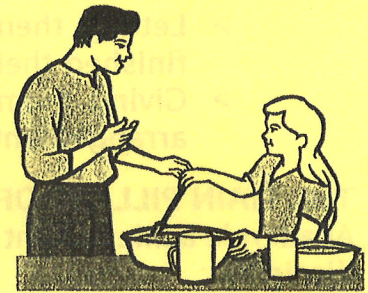


THE BENEFITS OF POSITIVE DISCIPLINE IN ACADEMIC PERFORMANCE

If our children...		it's more likely that they will...
1. manage their time regularly...	→	turn in their school work on time.
2. assume responsibility for their chores...	→	do their homework without having to remind them.
3. finish what they start even if it's difficult...	→	continue working on their homework until they finish it.
4. read on a daily basis...	→	improve their grammar, increase their vocabulary, and the comprehension of written texts.
5. are able to overcome frustration when working on a small task...	→	not be discouraged if they can't solve a school problem right away.

IDEAS TO PUT INTO PRACTICE

- Adapt the rules and expectations to the age of our children.
- Be role models for our children by persisting on a difficult task. They learn better by what they see than by what they hear.
- Acknowledge our children's efforts with a smile when they have accomplished their proposed goal.
- Discipline our children based on the rules and consequences that have already been established and not according to our present mood.
- Be patient when we establish new habits; mistakes and behaviors that have been practiced for a long time can't be changed overnight.
- Reinforce at home the habit of working towards earning what they desire.
- Establish family routines that will allow our children to make short-term and long-term goals.



REMEMBER:

Discipline and love are the foundation of education!
