



April Focus: During April you might realize there are conversations surrounding child abuse. Child abuse is an issue within our community causing an impact on our children. Often this abuse begins as a discipline issue. This month the focus looks at discipline, the whys and the how to's.

1. How do your kids see you when it comes to discipline?
2. How do your kids see their moms when it comes to discipline?
3. Is there a difference between the both of you? Why do you think that is the case?
4. When disciplining the kids... Moms rescue more, dads rescue less and believe "they'll be fine." Moms want safe, dads want exploration and risk taking and you, what about your roles?
5. Who is setting the parameters of discipline for the kids? (There are 2400 rules within a home. These rules address such issues as health, safety, and health, etc.) Who is establishing these rules and enforcing them?

How to impact discipline:

Positive parenting

A great thing to remember is that children will do almost anything to get the attention of their parents. The first rule of discipline should always to give lots of positive attention to children when they're behaving well and withdraw attention when they're being naughty.

When was there an example of positive parenting with your children?

Relationships are the key to discipline

For many dads, the real challenge is developing the kind of relationship with their children that creates the depth and closeness needed for discipline to be effective. This means devoting time and energy to them, and understanding their world – their friends, interests, hobbies and what they love. life.

If you were to survey the kids, what would they say about your relationship with them?

Be consistent

As your children get older, in their teenage years, it's your job to shift from a 'manager' role, where you organize their life and tell them what to do, into more of a 'coach' role, where you listen, understand, and offer your advice to them.

Are you the manager or the coach? How do you know?

Tie actions to consequences

Younger children will not connect their crimes to the discipline as quickly as older children, but you should always try to tie their actions to the consequences, which may involve a bit of explanation — depending on the age.

Consequences..... which ones work best with your children? Where are your greatest challenges?

Top tips for discipline

When your children are really young, discipline simply won't work – if they're under the age of about two, and are doing something you don't want them to, simply pick them up and plonk them down in front of something else.

Try to motivate your kids to be well behaved – it always works better than bribery or threats. Don't dismiss bribery though!

Pick your rules carefully – make sure there are only a few, that they're easy to understand and that you ALWAYS enforce them.

Try to have consistency with mom, even if you don't live together. Children get confused if there's no consistency. If mom is disciplining the kids, always back her up in front of them – even if you don't agree, you can deal with that later.

Try to use praise for good behavior at least three to four times as much as you tell your children off for bad behavior.



Disciplining children is hard work. If the discipline is designed to fit the child, different children respond to different approaches of discipline. Discipline is a way to nurture. Discipline is a way to guide. Children need their father to guide discipline—not as punishment, but to set reasonable limits. Children need their father to provide consequences of their actions and provide meaningful rewards for desirable behavior. Fathers who discipline in a calm and fair manner show love for their children. Be their champion, guide them into adulthood with the knowledge they learned from the discipline you provided.