

Discipline is constructive guidance providing positive guidelines to help your child now and later. That's not an easy job. You will, at times, lose your temper, do things you wish you hadn't, but if those times are few and only temporary setbacks, you will still accomplish a great deal.

If a child misbehaves in school, it may be a carry-over from something that happened at home, just as a blow-up at home may have started in the classroom. That's why everyone on the school staff wants to keep in touch with you about school problems, school policies—and especially your child.



Discipline: an important way to show a child *love*



Missouri National Education Association
1810 E. Elm Street • Jefferson City, MO 65101
573.634.3202 • 800.392.0236

www.mnea.org



Tips to help guide your children to success

- Think positively.
- Praise good behavior.
- Correct misbehavior.
- Set the pattern for self-discipline.
- Create an atmosphere of trust.
- Share problems.
- Encourage your children's respect for authority.
- Be firm, fair and consistent.
- Allow your children to take responsibility for what they say and do.
- Get all the facts before reacting.
- Discipline begins with communication: telling your children what you need, listening to their needs, developing fair rules—together.
- Keep cool. Don't lose your temper. Children need to know that you're in control.
- Don't give your children a mixed message by behaving in one manner and asking them to behave in another.
- Be a parent. Children need parents to be responsible adults, not "buddies."
- Be a model. Lead by example.
- Impress on children the importance of not repeating wrong behavior.
- Stealing, lying, cheating, being cruel, getting tough—all hurt other people in ways we would never want to be hurt ourselves.
- Punish no more than the misbehavior warrants—and always do it with love, not anger.
- Be honest and truthful. Be generous with sincere praise. Even criticism is more easily accepted when it's sprinkled with praise.
- Have fun together. When parents and children share fun time, few serious discipline problems arise.

Remember:

- The old "do it or else" just doesn't work with today's children.
- Let your children learn the satisfaction that comes from their own sense of contribution and participation.
- Be involved, interested and concerned. Then and only then can your children get the most out of the caring their teachers give them.



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