



Notes to print - from Krista and Dr. Barbara

The word "discipline" comes from the word "disciple" – someone who is a follower of the teachings of another. So let's ask ourselves, "Am I the kind of person I want my children to follow?"

If we look at the life of Christ he did not do it by punishing people—he did it through: Instruction, Correction, Coming alongside and modeling - showing. Children don't always listen well but they are always watching and imitating us. True discipline connects whereas punishment alienates.

What is the most powerful tool for shaping behavior? Relationship. My power to influence and lead my child is directly related to the strength of the relationship that I have them.

Traditional approaches to parenting basically start with the underlying notion that making children feel bad is going to make them want to do good.

Children should always be held accountable for their actions in a way that informs and teaches them the appropriate thing to do. Children learn new ways of behaving in the same way that they learn a new skill. Through demonstration, modeling, coaching and practice.

When you have to say "no," whenever possible follow it up with two "yes"s.

Accountability is always appropriate. Shame is not. Holding children accountable for their actions builds strong kids with grit. Shaming and punishing them pushes them into rebellion. Letting them get away with bad behavior makes them weak.

Modeling the process of owning your own mistakes and making it right allows children to realize that relationships don't fall apart when someone doesn't get it right. Repairing is a natural part of healthy human relationships.

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