

HOW TO

DISCIPLINE

YOUR

CHILD





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The Incredible Importance of Fathers

This guide is Based on Four Principles

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About National Fatherhood Initiative®

To accomplish our mission, we use a "3-E Strategy".

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Part 1 • Discipline

Introduction to Discipline

In this part of *How to Discipline Your Child*, you will learn about child discipline. You'll learn the difference between discipline and punishment (hint: they aren't the same thing), your style of discipline, how to use morals and values to discipline, and a whole lot more.



What is Discipline?

Discipline comes from the Latin word “discipulus” meaning “to teach or to guide.” Followers of teachers are called “disciples.” Disciples are people who believe in the morals, values, and behavior of the teacher. A disciple practices what his or her teacher taught. Fathers are teachers, and their children are disciples of their fathers.

Many dads believe that discipline means “to control” rather than “to teach or to guide.” They confuse discipline with punishment.

Do you know the difference between discipline and punishment?

Understanding Discipline

Use Morals and Values to Discipline

Morals are the rules for and habits of good or right behavior. They tell us what is right and wrong. Values are what someone thinks is important or that has worth.

The morals a dad and child practice are grounded in values. Parents use values—what they think is important—to teach morals—what is right and wrong.

For morals and values to mean something to your child, you must “walk the talk.”

Part 2 • Tips on How to Discipline



3 Tips for Effective Discipline

Follow these 3 tips for effective discipline. They will help you “teach” and “guide.”

1. Don't Rely on Shame and Blame

Don't tell your child that he or she is “no good” or “bad.” Avoid shame and blame. When you shame and blame, your child doesn't learn that what he or she did is not okay, but simply that he or she is not okay as a person.

2. Focus on the “Action” Not the “Actor”

Talk about what your child did. It's okay, for example, to say that your child did something “bad” as long as you don't say your child is “bad” for doing it. Keep the focus on the action.

3. Repair the Damage

Any form of discipline hurts children. Repair the damage by telling your child that you love him or her no matter what, even when he or she does something wrong.

Have you used any of these tips? Think of a time when you could have used one of these tips to more effectively discipline your child. How would it have helped? Tell us on social media using [#247Dad](#).

6 Tips to Reduce Power Struggles

Don't you hate power struggles? They often arise between parent and child, and it's never pretty. Review the questions below. Take time to reflect on your answers.

Part 3 • Punishment

What is Punishment?

Do you know the difference between discipline and punishment? Many dads define discipline as punishment.

They see punishment and discipline as the same thing.

But punishment isn't discipline, so it isn't discipline in certain situations. We rely on punishment when discipline doesn't work. Discipline means, "to teach or guide." Punishment means to "penalize" for doing something wrong.

Do you discipline or punish more often? Which one should you rely on most often? (Hint: It starts with a "d.")



When and How to Punish

If you discipline well, you shouldn't have to punish very often. If you think you must punish your child, follow these tips:

1. Say You're Disappointed

Tell your child you expect more, and that you expect your child to behave the correct way.

2. Make it Right

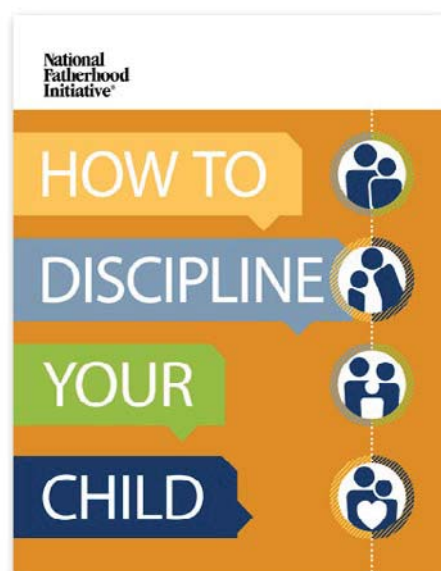
Tell your child to make up for bad behavior, such as paying for breaking something, doing the behavior your child was supposed to do in the first place, or saying he or she is sorry when your child hurt someone.

How to Discipline Your Child: The guide for learning how to discipline your child

NFI has served organizations working with fathers for two decades, and now, we have made our fatherhood advice available in a downloadable PDF file. The structure of each guide allows an organization to customize a discussion with dads in any way you want; or lets any dad use the resource at his own pace! Some ideas for using the guides:

- Share the guides with as many dads as you like.
- Print the PDF and give to the dads you serve, review it with them 1-on-1 or in a small group, or email it to them to read on a computer, tablet, or smart phone on their own time. You can even give them to moms to share with dads!
- This guide can reinforce (but not replace) the 24/7 Dad® program or any other fatherhood program you currently provide.
- Give away copies of the guides to the dads you serve our skill-building resources at the tips of their fingers so that they can be great dads.

Download How to Discipline Your Child today!



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