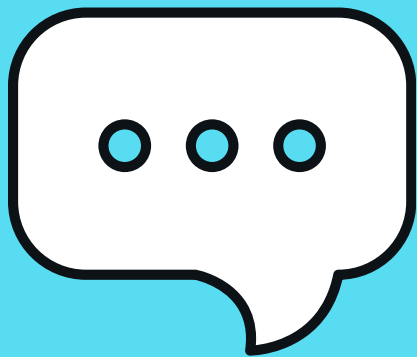


Top 5 Mistakes Parents Make

WHEN DISCIPLINING THEIR CHILDREN



1.) GIVE UNREALISTIC THREATS

"Do that again and I am canceling our vacation!" It is so important for parents to be consistent and to follow-through with consequences. When at all possible, make sure your consequence are realistic and match the offense.

2.) COUNT TO THERE

"I am going to count to three...1.....2.....3...." What we are unconsciously doing is giving our children another opportunity to disobey. We are helping them build the habit of NOT listening the first time and no one wants that!

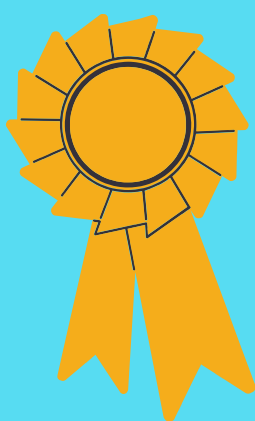


3.) DISCIPLINE OUT OF ANGER

This is when a lot of parenting mistakes can happen. There is a difference between responding and reacting. Get yourself to a calm emotional state, even if that means taking your own "time out".

4.) SAY "DON'T" MORE THAN "DO"

Tell and show a child what you want. Simply saying, "Don't do __," does not set clear expectations for the behavior you are desiring. Tell them exactly what you want them to say or do and take the extra step by demonstrating it for them.



5.) VIEW DISCIPLINE AS JUST REWARDS AND PUNISHMENT

Discipline actually involves training. Training requires intentional teaching that helps children build healthier habits. This is HARD work and you are not alone on this journey! Sign up for Ignite Academy's next free, Discipline Workshop to get more tips!

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