

PARENTING

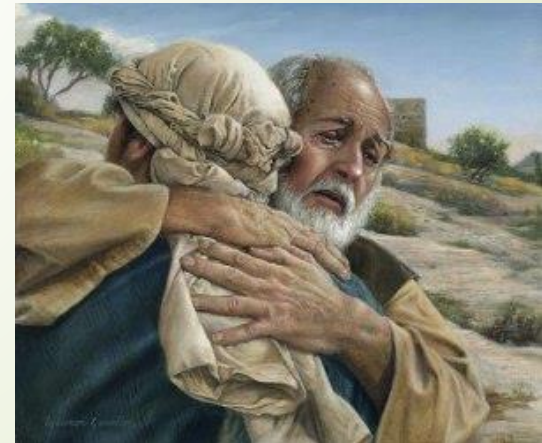
Lesson 5

The Issues of Child Discipline



A major theme underlying scriptures is the problems that families encounter. Child-parent relationships are the most common.

- ▶ **Heavenly parents and children in the pre-mortal world**
 - ▶ One third are lost
- ▶ **Relationship between Father in Heaven and Christ**
 - ▶ Like Father, like Son
- ▶ **Lehi and his sons**
 - ▶ Laman and Lemuel vs. Nephi, Sam and Jacob
- ▶ **Alma and his rebellious sons**
 - ▶ Destroying his work and legacy
- ▶ **Stripling warriors**
 - ▶ Trust in mother's teachings
- ▶ **Prodigal son**
 - ▶ Should love be conditional?



Scriptural perspectives on child rearing

➤ Deuteronomy 11:19

- ye shall teach them your children, speaking of them when thou sittest in thine house, and when thou walkest by the way, when thou liest down, and when thou risest up.

➤ Proverbs 23:13-14

- Withhold not correction from the child: for if thou beatest him with the rod, he shall not die. Thou shalt beat him with the rod, and shalt deliver his soul from hell.

➤ Doctrine and Covenants 68:25

- As parents have children in Zion that teach them not to understand the doctrine of repentance, faith in Christ the Son of the living God, and of baptism and the gift of the Holy Ghost by the laying on of the hands, when eight years old, the sin be upon the heads of the parents.

➤ Matthew 18:10

- despise not one of these little ones;

➤ Mosiah 4:15

- ye will teach them to walk in the ways of truth and soberness; ye will teach them to love one another, and to serve one another.



What is “Discipline”?



What does Discipline mean?



Why do we discipline children?

- Teach them correct principles for life
- Keep them safe
- Help them become self reliant
- Maintain order in the household
- Make them more like us
- God commands us to do so
- Socialize them to be able to interact with others
- Get work done



How do we discipline children?

- **Our example**
 - How do we exhibit discipline in our lives?
- **Expectations**
 - Goals
- **Structure in the home**
 - Rules
 - Schedule
- **Force and Punishments**
 - Physical
 - Restrictions
- **Rewards**
- **Shame**
- **Disappointment**

What is your parenting style?

Demanding

High

Authoritarian

Authoritative

Low

Neglectful

Concierge

Low

Responsive to Needs

High

Discipline and Self Discipline

➤ Ultimate Goal – Self Mastery

- Over environment
- Over time
- Over emotions
- Over impulses
- Over tongue
- Over desires

Key Points:

- Maturity – delayed gratification for future benefit
- Children will push until they get limits



Teaching Children to Self Soothe

- **Physical Tools** – activity, the more vigorous the better, bite or scream into a pillow
- **Verbal/Auditory Tools** – talking it out, pointing where it hurts, have a pain chart, music soothing or distracting
- **Self comforting Tools** - asking for hug or back-rub, stretching or relaxing, drink of cool water, funny books, singing, being with friends
- **Beware** of using food, sleep, or buying new things as a method of self soothing

Teach child how to manage sadness rather than relying on denial or "toughness"

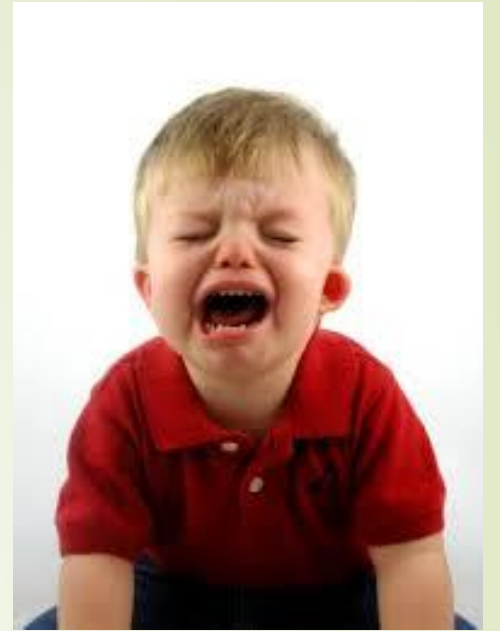
- ❖ Teach them how to fail and get up again
- ❖ Do not be over protective! Give space to self soothe
- ❖ Name the emotion-discuss it
- ❖ What did we learn?
- ❖ Model mature failure
- ❖ Find the humor
- ❖ Learn from others' mistakes
- ❖ Let's find a solution,
let's work on this together
- ❖ "What a fun challenge!"



Toddlers & Teens

➔ Both

- Think can do more than are able
- Are in a state of rapid growth
- Don't see much beyond self
- Like trying out new physical skills
- Desperately want independence
- Verbal skills lag behind physical
- Difficulty expressing emotions
- Need a lot of sleep and food
- Rage at the "safe" adult
- Can be a danger to themselves



Toddlers & Teens

- Focus on their potential
- Need to have a thick skin
- Need to be alert when they are awake
- Look for any positive behavior
- Put your energies toward what you want to happen not what you don't
- Remain calm and firm (so hard to do!)

It hurts far more when a teen rages at you than when a toddler does.



Talking to a reluctant teen

- Never stop telling them you love them
- Make the most of drive-time
- Use the cover of darkness
- Try commercial conversations
- Ask their opinion on a problem
- Tell them jokes or your embarrassing, trying, & exhilarating experiences



Parenting Teens

- Understand that peer groups will influence your children as much as you
- Show your **love**-time, listen, respect feelings, 5/1 positive to negative, eat together, connect
- Minimize **pressure**-give some leeway, give space to be different from you
- Set **limits**-be specific, concise, flexible, reasonable, explain decisions, put in writing
- Enforce **consequences**-differentiate behavior from child





GOSPEL PRINCIPLE:

Example

Matthew 5: 16

Let your light so shine that they (your children) may see your good works and glorify your Father which is in heaven.