

## Improve behavior at school by promoting discipline at home

The staff at your child's school works to teach students discipline, but educators can't do the job alone. Parents can help promote good discipline, too.

Here's what you can do:

- Change misbehavior by setting positive goals. Concentrate on what you want your child to do, not what you want him to avoid.
- Say what you mean and mean what you say. Be sure you clearly communicate your expectations and limits. If you make a rule, enforce it every time.
- Involve your child in solving problems. Family meetings are great for developing cooperation with rules. Kids who have helped solve a problem are usually more committed to the solution.
- Keep corrections simple. Try the "broken record" approach. When correcting your child, move closer to him. Say his name and then repeat the same phrase ("Homework now") over and over if necessary.
- Impose logical consequences for misbehavior.
- Give choices—but make sure you can live with them. Limited choices work best, especially for younger children.
- Show your love. Firm and kind discipline is an act of love, not a substitute for it. Your child needs to know you love him no matter what he does.

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