



# **EFFECTIVE DISCIPLINE FOR PRETEENS AGES 10 - 12**

**Presented by Military & Family Life Counselors**

# OBJECTIVES

- Developmental Considerations for Preteens
- Maintaining Good Communication
- Discipline Guidelines
- Establishing Rules and Limits
- Natural and Logical Consequences
- Working With Other Caregivers
- Special Considerations When a Parent Deploys
- Knowing When To Seek Help



# OVERVIEW

- The word “discipline” means to teach – it does not mean to punish or control
- Effective discipline teaches self-control, enhances self-esteem, teaches respect for others
- Children need caring adults to help them control their behavior
- Effective discipline requires understanding where the child is developmentally



# DEVELOPMENTAL CONSIDERATIONS FOR CHILDREN AGES 10 - 12

- Entering puberty – experiencing lots of physical changes and mood swings
- Moving toward independence
- Has impulsive behaviors
- Highly sensitive to criticism
- Concrete thinking



# DISCIPLINE GUIDELINES

- Children want discipline
- Remain calm
- Avoid criticism
- Give rewards – not bribes
- Be a good role model



# ESTABLISHING RULES & LIMITS

## Rules and limits provide children with a sense of stability:

- Establish age appropriate rules and limits
- Have your child participate in setting rules and consequences
- Be consistent



# SETTING CONSEQUENCES

- Set consequences that can be completed quickly, then give the child a chance to try again
- Establish trust
- Use natural and logical consequences



# NATURAL CONSEQUENCES

- A natural result of the behavior
- Not imposed by the parent
- Allows the child to own the problem and face the consequences
- Teaches self-discipline





# LOGICAL CONSEQUENCES

- Imposed on the child by the parent as a result of the child's behavior
- Should be logically related to the behavior
- Makes the child accountable for their choices and behaviors
- Allows their problems to belong to them – not to you



# AGGRESSIVE BEHAVIORS

- Should be dealt with immediately
- Consequences should be very firm
- Communicate that the behavior is unacceptable and non-negotiable



# WORKING WITH OTHER CAREGIVERS

- Coordinate discipline methods
- Share discipline issues
- Report positive behavior



# SPECIAL CONSIDERATIONS WHEN A PARENT DEPLOYS

- Many changes occur in the child's world
- Moods may fluctuate more than usual
- Discipline problems may increase
- Preparing your child can help



# KNOWING WHEN TO SEEK HELP

- Your child's behavior seems to be out of control
- Established discipline methods aren't working
- You believe your child could be a danger to themselves or others
- Your child becomes isolated and withdrawn from friends
- There is evidence of drug use
- Always seek help if you think you're at risk for hurting a child



# TAKING CARE OF YOURSELF

- Be kind to yourself
- Pamper yourself whenever you can
- Give yourself credit for the good job you have done
- Seek support from other parents and peers



# CONCLUSION

- Rules and limits provide children with a sense of stability
- Effective discipline teaches self-control
- Experiencing the natural and logical consequences of their choices teaches children self-discipline
- Special considerations should be made when a parent deploys
- Seek help if there are concerns about the child's behavior and discipline methods aren't working





**QUESTIONS?**





# RESOURCES

- Military Community Services
- Chaplain and Local Clergy
- Military OneSource (800) 342-9647
- TRICARE [www.Tricare.mil](http://www.Tricare.mil)
- Behavioral Health Services



# REFERENCES

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**THANK YOU**

