



# **EFFECTIVE DISCIPLINE FOR SCHOOL AGE CHILDREN AGES 6-9**

**Presented by Military & Family Life Counselors**

# OBJECTIVES

- Developmental Considerations for Children 6 to 9
- Discipline Guidelines
- Discipline Talk
- Shaping Behavior
- Establishing Rules and Limits
- Natural and Logical Consequences
- 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 AGES 6-9

- Just beginning to consider others feelings, still very self-centered
- Very sensitive to criticism
- Has impulsive behaviors
- Thinking is very concrete
- Very interested in rules –  
learning them and testing them



# DISCIPLINE GUIDELINES

- Children want discipline
- Discipline should be kind but firm
- Consistency is crucial
- Remain calm and avoid criticism
- Catch your child being good and give lots of praise
- Be a good role model



# ESTABLISHING RULES AND 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



- Don't talk down to them
- Avoid being judgmental or critical
- Keep it brief
- Make an offer they can't refuse
- Begin directives with "I want"
- Give choices
- Calm the listener down



# 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



# POSITIVE COMMUNICATION

**The positive interactions and feedback children receive when they are not misbehaving:**

- Give physical attention
- Be specific
- Give immediate feedback
- Plan parent-child activities
- Catch children being good



# IGNORING THE BEHAVIOR

- Move away from the child
- Turn your back
- Avoid eye contact
- Stop any conversation with the child
- Ignore any protests or excuses



# AGGRESSIVE BEHAVIORS

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



# WORKING WITH OTHER CAREGIVERS

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



# SPECIAL CONSIDERATIONS WHEN A PARENT

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



# WHEN TO SEEK HELP

- The child's misbehavior is dangerous
- The misbehavior does not improve after implementing discipline methods
- The child seems sad and withdrawn
- The child seems angry most of the time
- Other children do not want to play with the child
- Always seek help if you think you are 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





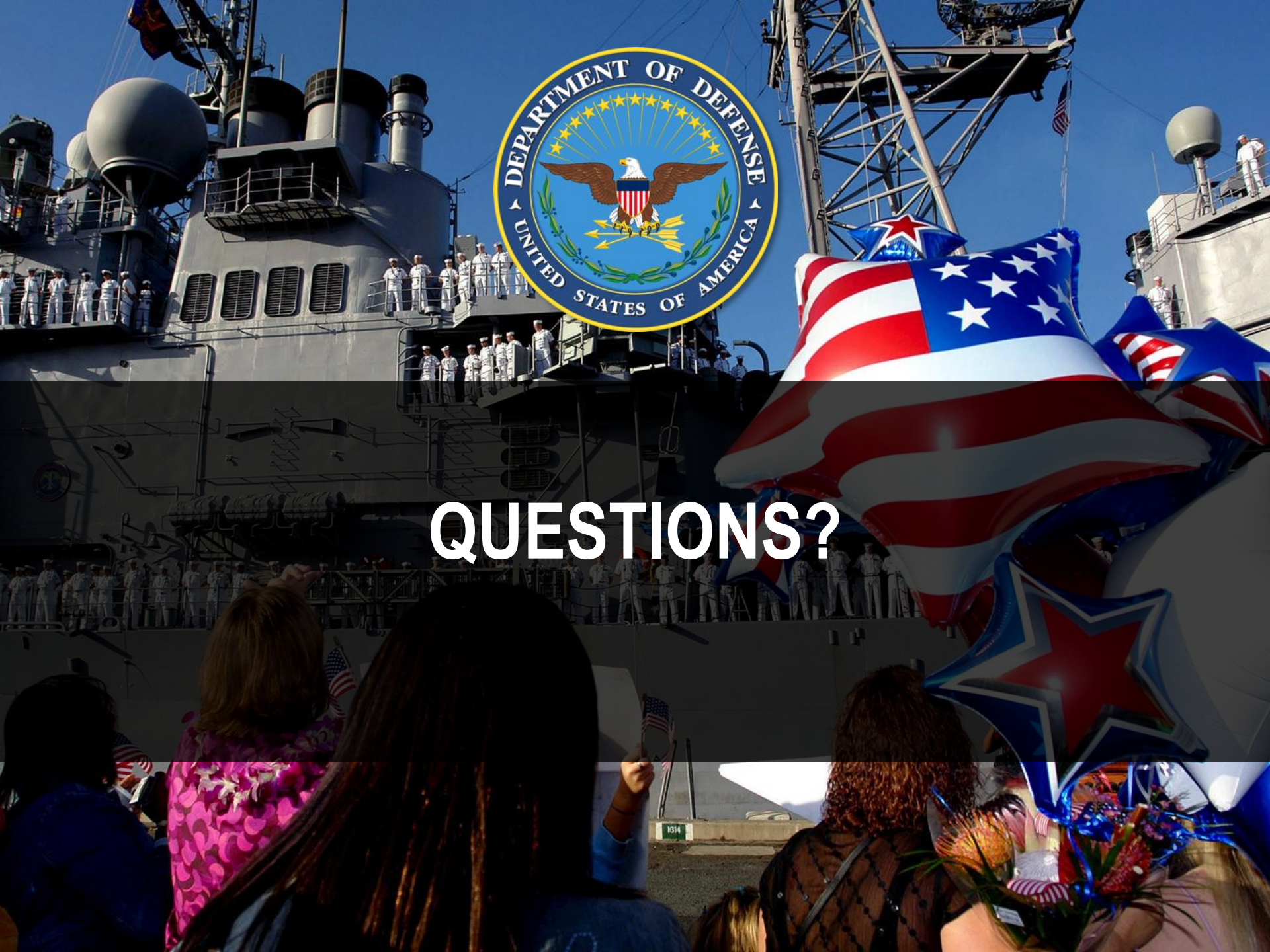
# CONCLUSION

- Family 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
- Effective discipline requires good communication
- Special considerations should be made when a parent deploys
- Seek help if there concerns about the child's behavior and usual discipline methods are not 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**

