



Parenting Teens: Effective Discipline

Parents often think that if you figure out what punishment will make your child miserable enough, they will then cooperate. You may be surprised to learn that research has shown that this is a myth. You can sometimes scare or threaten your child into following directions but you will not get improved behavior in the long run. Your efforts to influence your child's behavior will be most effective when you focus on discipline rather than punishment.

Key Takeaways:

1. Difference between discipline and punishment
2. Discipline = instruction, encouragement, and correction
3. Nine best practices to instill discipline:
 - Clear family rules
 - Be firm and stay patient
 - Avoid criticism, blame, and shame
 - Celebrate the positive
 - Expect teen to speak up
 - Your family is a team
 - Concern before consequences
 - Understand teen's right to choose
 - Offer guidance

