

Marriage • Parenting • Spiritual Growth • Sexuality • Relationships • Mental Health
Men • Women • Hurts and Emotions • Singles • Ministers and Mentors • Technology



Following The 5 C's of Effective Discipline



APOSTOLIC CHRISTIAN

Counseling and Family Services

Helping the hurting. Nurturing hope. Encouraging growth.

Phone: (309) 263-5536 | www.accounseling.org

Following The 5 C's of Effective Discipline

“And whatsoever ye do, do it heartily, as to the Lord . . .” Col. 3:23

1. **Clarity:** Be clear when you set rights, rules and limits.
 - Don't assume your children know family rules until you've talked about them.
 - Be sure your children understand why these rules are being made and the consequences for breaking the rules.
 - When possible, involve your children in making the rules. Discipline will be more effective if your children have had a part in establishing the rules.
 - Try writing out your family rules and posting them on the refrigerator.
2. **Consistency:** Be consistent in enforcing rules.
 - Stick to the consequences that have been established for a broken rule.
 - If a change needs to be made in a family rule, talk about it with the family before the rule is broken.
 - Be flexible. As your children grow, they are ready for expanding rights and changes in rules and limits.
3. **Communication:** Talk about rights, rules and limits often.
 - Be willing to discuss the fairness of a rule and the reasons for it.
 - Help your children learn to talk with you about feelings.
 - Encourage your children to come to you when they need help.
 - Express respect and faith in your children through your words, gestures and tone of voice.
4. **Caring:** Use encouragement and support, not just discipline when rules are broken.
 - Praise your children when they follow your family rules, especially when they do what's expected of them without reminders from you.
 - When a rule is broken, appropriately criticize the child's behavior without condemning the child.
 - Follow up swiftly when a rule is broken; stay calm and carry out the consequences your children expect.
 - Respect your children's rights; we should treat others as we like to be treated.
5. **Create:** Instill a sense of responsibility.
 - Let your children know you expect moral behavior like honesty and fairness.
 - Set an example of honesty, fairness and social responsibility for your children to follow.
 - Promote your children's sense of self-respect by providing opportunities to practice honesty, fairness and responsibility.

Adapted from the Common Sense tip sheet from the National PTA. Adapted by Apostolic Christian Counseling and Family Services. Can be freely copied and redistributed. Not to be sold. For more information on parenting please visit www.accounseling.org/parenting.