

Firm, Fair & Consistent®

Blessed Trinity School
Mr. Jason Halstead, Principal

Guiding Students for School Success

Consistency: key to effective discipline

Your child begs you to bend the rules. Can she please, please, *please* stay up late to watch a TV show? It's been a long day, and you're tempted to give in. But sticking to her usual bedtime will work better in the long run. Why? Because she'll always know what to expect. ("If I beg to stay up late, Mom will say *no*. It's not worth asking.") When it comes to consistency, experts recommend that parents:



- **Set priorities.** Pick a few rules to enforce every time. If you have too many rules, you and your child will be overwhelmed.
- **Be patient.** You may not see improvement immediately. It takes time for kids to learn that *no* actually means *no*. Be prepared for some bumps in the road.
- **Use reminders.** Find a private place to post the rules you plan to follow, such as: "Ignore begging," "Reward cooperation" and "Enforce rules calmly, kindly and consistently."
- **Get support.** Join forces with other caregivers in your child's life, such as grandparents and babysitters, so that everyone uses the same rules.
- **Adjust carefully.** There will be times when rules don't apply, such as when you have to attend a special event. Discuss this in advance. "Your cousin's wedding is Saturday night, so you'll get to stay up late."

Source: Sarah Henry, "Seven tricks to staying consistent on discipline," BabyCenter, www.babycenter.com/0_seven-tricks-to-staying-consistent-on-discipline_3657214.bc.

Pack a powerful lunch

Send your child to school with a healthful lunch, and she may have an easier time staying focused and enthusiastic in class! To pack a lunch with the biggest nutritional punch, be sure it includes:

- **Fresh fruit or veggies.** Go for a variety of colors and textures.
- **Whole-grain bread,** bagels or crackers.
- **Lean proteins,** such as turkey or tuna.
- **Low-fat milk** or water instead of juice or sports drinks.



Source: Vincent Iannelli, M.D., "Healthy Lunches for Kids," About.com, http://pediatrics.about.com/od/nutrition/a/1008_schl_lunch.htm.

Self-discipline reduces family stress

You are the parent—and you are in charge. But your child can also help. Teaching self-discipline is the key. To help him manage daily tasks:

- **Discuss what needs to get done.** Listen to your child's opinions. Then be specific: In the morning, brush teeth, get dressed, put on glasses, eat breakfast by 7:15.
- **Use a visual reminder,** such as a chart. Give verbal reminders, too. "What's the first item on your chart? Check it off when you finish. Super! What's next?"
- **Be patient and encouraging** as your child learns routines. Over time, he'll need less supervision.



Source: Peg Dawson, Ed.D. and Richard Guare, Ph.D., *Smart but Scattered*, ISBN: 978-1-59385-445-4 (Guilford Press, www.guilford.com).

Don't let your child's school-related behavior issues linger over the summer! If he's been struggling this year:



- **Get a clear picture.** Talk to your child's teacher.
- **Form a team.** Ask for help from your child's teacher and principal. If possible, include next year's teacher, too. Brainstorm ways to improve the situation.
- **Get busy.** Use the break to start putting those behavior ideas in place!

How do you react to report cards?

Discussing your child's report card doesn't have to be difficult. It's an opportunity to learn about your child and have a positive effect on her future learning. Here's an effective approach:



- **Start with expectations** that are reasonable.
- **Understand her perspective.** Ask, "How do you think you did?"
- **Stay positive.** Find things to compliment.
- **Help your child identify** problem areas and effective solutions.

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Source: José Bolton, Sr., Ph.D., Stan Graeve, M
(Boys Town Press, www.girlsand.org/btpress).

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