



**Gentle Path**  
COUNSELLING SERVICES  
*For the seasons of our lives*

## **PARENTING TIPS BY: MARY SCOTT**

### **DISCIPLINE**

- Say what you mean and mean what you say. Never threaten. Mean it.
- Have a few, but clearly defined rules.
- Deciding what the punishment is in proportion to the crime.
- If the rule is broken, or the parent is disobeyed, apply the punishment immediately.
- Discipline must be handed out each time. EVERY TIME the rules are broken. This is regardless of your mood, how tired you are, if it is inconvenient, what kind of a day you had or how stressed you are. You must be consistent. Kids will try to wear you down so they can get what they want. If they are successful, even once in a while, they learn that there is a chance, however small, that they will win, so they will try. It is like a slot machine. The gambler knows that if he/she stays with it long enough eventually they will get the pay off - so do kids. If the punishment is to take away a privilege then be sure it is one that will have an impact. There is no sense in saying that they cannot use the phone for a week if they rarely use the phone. If it does not matter to the child, it will not have an effect.
- Do not play good/bad parent. Both parents are responsible for disciplining the kids.
- Thank/praise the child for doing their chores.

### **CHORES**

- Make sure the chore is age appropriate.
- Negotiate who does what and when it is done.
- Be specific about what the chore is, when it is done, and how it is to be done. Let them know that you appreciate it.
- If the chores are not done, there have to be consequences. Apply them. Do not yell, fight, or bicker. Just do it!

### **RESPECT**

- There are 2 ways children learn respect:

(1) Modelling - If you want the kids to respect Mom and Dad then you must show how it is done.

(2) Respect is earned. It is not given for no reason nor can it be "punished into" the child. If you want your child to respect you, act in a way that deserves their respect.

- Remember that respect is a two-way street. Children are also worthy of their parents' respect. Respecting your kids is a great way for them to learn how to respect you. (Modelling).

**Call today for more information or a confidential appointment:**

**Gentle Path Counselling Services, Ltd.**

82 Germain Street  
Saint John, NB, CANADA  
E2L 2E8

**Phone:** (506)-652-7284

**Toll Free Number:** 1-888-394-4022

**E-Mail:** [path@nbnet.nb.ca](mailto:path@nbnet.nb.ca)