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## Following The 5 C's of Effective Discipline



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# 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.

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