

SEE HOW MUCH YOU HAVE LEARNED!

Place a check by the phrase which best completes the sentence.

1. Harsh punishment teaches a child

- _____ a. self-control.
- _____ b. to use violence to solve problems.
- _____ c. to respect his parents.

2. Effective discipline methods help children learn

- _____ a. to behave according to their ideas of right and wrong.
- _____ b. to be sneaky and not get caught misbehaving.
- _____ c. to fear their parents

3. Child development educators think that children are born

- _____ a. bad.
- _____ b. good.
- _____ c. with the possibility of becoming either good or bad.

4. A natural consequence of leaving dirty clothes on the floor is

- _____ a. having to wear dirty clothes.
- _____ b. not being able to watch TV.
- _____ c. having a parent pick up after you.

Practice Exercises

1. Take a good look at the way you discipline your children this week. Make a note below of each occurrence.

What the child did:

What I did:

2. Then, ask yourself: "Did the discipline work?" "Would I do the same again?" "Can I think of a better way to handle it next time?"

3. Try using logical consequences this week. Pick some behavior that doesn't get you "uptight." It is difficult to learn a new discipline method when you are upset.

- (a) What did the child do?
- (b) What consequences did you and the child decide on?
- (c) What happened? Did it work?

4. A
3. C
2. A
1. B

A RECORD OF MY DISCIPLINE PRACTICES AND THEIR EFFECTS*

Complete one week after studying Lesson 2.

Check the blanks that apply to you.

1. The way I usually discipline:

- | | |
|------------------------------|---|
| _____ Yell and scream | _____ Isolate |
| _____ Explain reasons calmly | _____ Spank |
| _____ Remove privileges | _____ Let the child experience the consequences |
| _____ Give choices | _____ Threaten, but don't follow through |
| _____ Show disapproval | _____ Distract |
| _____ Ignore misbehavior | _____ Scold |

2. During the past week, I:

	More	Less	About the same
Acted calmly			
Acted firmly and kindly	_____	_____	_____
Used kind words, not unkind words	_____	_____	_____
Gave choices and let the child learn from the consequences	_____	_____	_____

3. The atmosphere in our home has changed to one of:

	More	Less	About the same
Friendliness			
Cooperation	_____	_____	_____
Understanding	_____	_____	_____
Confusion	_____	_____	_____
Fun	_____	_____	_____
Hostility	_____	_____	_____
Tension	_____	_____	_____

*Adapted from Practical Education for Parenting by Kent G. Hamdorf, Extension Specialist, Human Relations Family Development, Ohio Cooperative Extension Service, 1978.