



The 7 Biggest Discipline Mistakes

by Dr. Michele Borba

"So you're trying to make your child quit bullying, lying, cheating, defying you or talking back, and you're having little success. You've tried threatening, scolding, and even begging, but nothing seems to work. You're at your wit's end. How can you ensure that your child stops his bad behavior for good? The first thing you must do is re-think your approach to discipline. Behavior is learned, so it can be unlearned. Parents need a specific makeover plan. But before you can implement such a plan, you must first understand what you're doing wrong and why it's wrong.

Common discipline Mistakes:

1. *Thinking 'It's just a phase.'* Bad behaviors don't go away. They almost always need parental intervention. The longer parents wait, the more likely the behavior will become a habit. So don't call it a phase: stop the bad behavior as soon as it starts.
2. *Being a poor behavior model.* Our behavior has an enormous influence on our kids' behavior. After all, what they see is what they copy. So before parents start planning to change their kid's behavior, they need to take a serious look at their own.
3. *Not targeting the bad behavior.* It's best to work on improving only one and never more than two behaviors at a time. And the more specific the plan the better. Don't say, 'He's not behaving.' Instead, narrow the focus to target the specific behavior you want to eliminate: 'He's talking back.'
4. *No plan to stop the bad behavior.* Once parents have identified the bad behavior, they need a solid makeover plan to stop it. The plan must (a) address the kid's bad behavior, (b) state exactly how to correct it, and (c) identify the new behavior to replace it, and (d) have a set consequence if the bad behavior continues.
5. *Not teaching a substitute behavior.* No behavior will change permanently unless the child is taught a new behavior to replace it. Think about it: if you tell a kid to stop doing one behavior, what will he do instead? Without a substitute behavior, chances are the child will revert to using the old misbehavior.
6. *Going alone.* Big mistake. After all if your kid is using the bad behavior on other caregivers - be it spouse, grandparents, teachers, coaches, etc. - then use the same makeover plan together. The more you work together, the quicker you'll be in stopping the problem behavior.
7. *Not sticking to the plan long enough.* Learning new behavior habits generally takes a minimum of twenty-one days of repetition. Parents need to commit to changing the bad behavior and then continue using the plan for at least three weeks. Only then will they see change."

ARGUING??

Question: I know my kid's going to grow up to be a lawyer! He argues whenever he's asked to do something. He debates his rights when he's asked to stop doing something. He pleads his case when I tell him he can't do something. He disputes every rule I create. How can I put an end to this?

Think about it: It takes two to argue. Your child cannot 'argue' by himself. That's called 'mumbling.'

Say it once: Practice stating your case, then being quiet. Ignore your child's argumentative comments, and walk away if you must. Let your child get used to your word being 'final.'

Let them complain a bit. As long as it's respectful, sometimes let your child have the last word. Often a statement, such as 'Why do I have to do it?' doesn't require an answer, nor deserve one. Often, a child's mutterings really mean, 'I'll do it because I have to, but I don't like it.'

Set rules for debating. Some children really do enjoy debating an issue. If your child is like this, set ground rules for when and how issues can be debated. For instance: no raising of voices, no name calling, quiet listening to the other person's point of view. This behavior provides excellent practice for learning how to negotiate in life. In addition, your child must understand that some things cannot be argued, that there are some things the parents must decide. Have a standard reply for when an issue cannot be debated, such as, 'This is not open for discussion.'

Offer choices: Get in the habit of offering your child choices, instead of issuing commands. Children who are argumentative will have less opportunity to practice the skill if you offer a choice. For example, instead of saying, 'Do your homework, right now,' offer a choice, such as 'What would you like to do first, your homework or the dishes?' (If the response is 'neither,' you can smile sweetly and say, 'That wasn't one of the choices. Homework or dishes?')

BACK TALK??

Question: My child talks back to me in such a disrespectful way it leaves me speechless. How do I put a stop to this?

Think about it: Back-talk is addictive, so must be handled as a serious offense. A child who talks rudely to a parent once or twice and gets away with it will continue the behavior, and it will progressively get worse. Most children will attempt back-talk at some point. When a parent responds calmly and with authority the behavior will stop.

Announce your expectations. If a child has developed a habit of back-talk it will take firm action to stop the behavior. Have a meeting with your child to announce that back-talk will no longer be tolerated. Decide on a series of consequences that will occur each time back-talk occurs. Consequences may involve losing a privilege, such as telephone use, television watching, or visits with friends. They may be an additional chore, or an earlier bedtime. Then announce the sequence in which the consequences will occur. 'When you talk back in a disrespectful way you will lose your telephone privileges for the day. The second offense will cause you to lose your TV for the night. The third will....Each day will start with a clean slate.' After the meeting calmly and firmly follow through.

Don't empower it: Whenever a child talks back, immediately stop the conversation and walk out of the room or walk away from the child. If the child follows you, calmly and firmly announce that you will not tolerate disrespect, then pointedly ignore the child. Later, when you have calmed down, decide on an appropriate consequence for the back-talk.

Teach: If a normally respectful child makes a disrespectful comment, look him in the eyes and make a serious, firm comment such as, 'That is back-talk and is not allowed.' Continue the conversation as if the back-talk did not occur, expect the child to comply with your request. Do not empower the back-talk by arguing the issue that triggered it.





F.Y.I.

We now have new email addresses.

CPR & FIRST AID TRAINING



West Jordan Library (1970 W. 7800 So.)

Mon. June 16 5:30 p.m.

West Valley Library (2880 W. 3650 S.)

Sat. June 28 10:15 a.m.

Hunter Library (4800 W. 4100 S.)

Sat. June 14 10:15 a.m.

Sandy Library (10075 S. 1350 E.)

Tues. June 3 5:30 p.m.

For more information contact Save-A-Heart at 582-7114
Classes last 3 hours - the first 1.50 hours is CPR training and
the second 1.50 hours is First Aid. Remember to let them
know you are with CBTS if you attend. It is a requirement
that all CBTS proctors are current in CPR & First Aid training.



UTAH ARTS FESTIVAL

We have free tickets available for proctor parents and their families.
It will be held June 26-29. Please let Lori know if you are interested.

CBTS

220 E. 3900 S. #16
Salt Lake City, Utah 84103
(801) 268-4044
Fax (801) 263-0926
www.cbtsutah.com

Lori Nadeau,
C.F.O./Co-Owner
mobile: 634-5379
lnadeau@cbtsutah.com

Carlos Serna,
C.O.O./Co-Owner
mobile: 558-4845
cserna@cbtsutah.com

Kim Ontiveros, Program
Supervisor
mobile: 557-9023
kontiveros@cbtsutah.com

Anna Lieber, Placement
Coordinator
mobile: 557-7814
alieber@cbtsutah.com

Nick Renfro,
Specialist/Group Coord.
mobile: 557-6327
nrenfro@cbtsutah.com

Liz Mavor, Specialist
mobile: 558-5668
emavor@cbtsutah.com

Kim Sorensen, L.C.S.W.
mobile: 949-8067
ksorensen@cbtsutah.com



5 Secrets for Handling Difficult Teen Parenting Situations

The most common issues between parents and teens arise due to poor communication, power struggles and a lack of empathy. If you use the same parenting methods that you did when your teen was a child, you won't get positive results. You'll just exhaust your energy. There are five secrets to help you move from conflict to cooperation. Let the acronym - CLEAR - aid you in remembering what they are.

1. CONNECT

Connection is everything. You do that by having rapport. It's easy to be in rapport when you like your teen. Yet teenagers are often difficult to like. Did you know that liking someone is not a prerequisite for rapport? The ability to find something likeable, however, is necessary. To develop rapport, focus on something you can appreciate about your son or daughter. It can be a physical trait, character trait or talent you can admire. Focusing on a positive aspect of your teen will build connection and prepare you for your next interaction. Then, notice the difference as you feel more connected and in accord with each other.

2. LISTEN

Before you can be a good listener, you need to be willing to get more information. When you listen without being attached to your own point of view, you can become open and less defensive. Listen consciously without interrupting. Identify feelings, resist the impulse to dismiss feelings or give unsolicited advice. Be interested in your teen; don't make the conversation about you.

3. EMPATHY

Many arguments and much strife would be avoided if you take a moment to step into teens' shoes, to learn how they perceive their situation. Then, empathize right away. This ability to truly hear and seek to understand causes your teen to feel heard. When you empathize, be sincere. Focus on the words and feelings that are given and speak to them. Empathy enhances self-worth and builds harmonious and trustful relationships.

4. ACKNOWLEDGE

Acknowledge your teen's thoughts, feelings or complaints; this does NOT mean that you are agreeing with them. You are simply and effectively connecting to them by validating what you heard. Some of you might be tempted to skip this step, so strong is our 'need to be right.' Kids need to feel heard so that they know it's safe to talk to you. Empathy together with acknowledgement magically combines into a healing balm for the child. Even out-of-control kids will begin to let go of their resistance.

5. REQUEST

A request is asking someone to do something. When you demand, you paint yourself into a corner. If a demand is declined, it can cause damage to the relationship. Here's an example of a request that states your clear expectation, 'I request that you don't call your sister names. If you have suggestions that you think would be helpful to her, then say it in a respectful and constructive way.' Teens are more likely to listen when you make a respectful request. If you find that you resort to demanding things, you're probably letting your frustrations build up and waiting too long to ask for what you want.

Father's Day

"Small boy's definition of Father's Day: It's just like Mother's Day only you don't spend so much."

"My father didn't tell me how to live; he lived, and let me watch him do it."
Clarence Kelland

"By the time a man realizes that maybe his father was right, he usually has a son who thinks he's wrong."
Charles Wadsworth

What is a Foster Father?

What makes men good foster parents. Is it in how they

- ♦ show children that not all men speak with rough voices or with degrading language by speaking to them with respect and on their level?
- ♦ show children that there are men that can be good role models of not only what a good father is, but of what a good husband is?
- ♦ show children that not all men are too busy for the little things by taking time to run errands together or hanging out together?
- ♦ show children that by teaching them not only how to work with their hands, but to understand a job well done, they are teaching the value of a strong work ethic?
- ♦ show children they care by giving up the comfort of a relaxing weekend to take in a frightened child?

