

Nurturing Self-Discipline Skills

Stop, Think, and Act

What is Self-Discipline and Why Teach It?

- ◆ The goal of every parent is to raise a happy, healthy, responsible, and productive member of society. To be successful, the child will need to have good self-discipline.
- ◆ Self-discipline is a person's ability to wait and think before acting (Vasiloff, 2020)
- ◆ "The skills that require the use of the wait, think, act pattern are not acquired solely through maturation (Vasiloff, 2020, p. 23)" Therefore, these skills must be taught.
- ◆ There are three categories of skills based on the optimum age for teaching each skill. Each category has five skills.

What are the Skills?

◆ Basic Skills

◆ Listening, Following Instructions, Asking Questions, Sharing, Exhibiting Social Skills

◆ Constructive Skills

◆ Cooperating, Understanding the Reasons for Rules, Figuring Out How to Accomplish a Task, Leadership, Communication

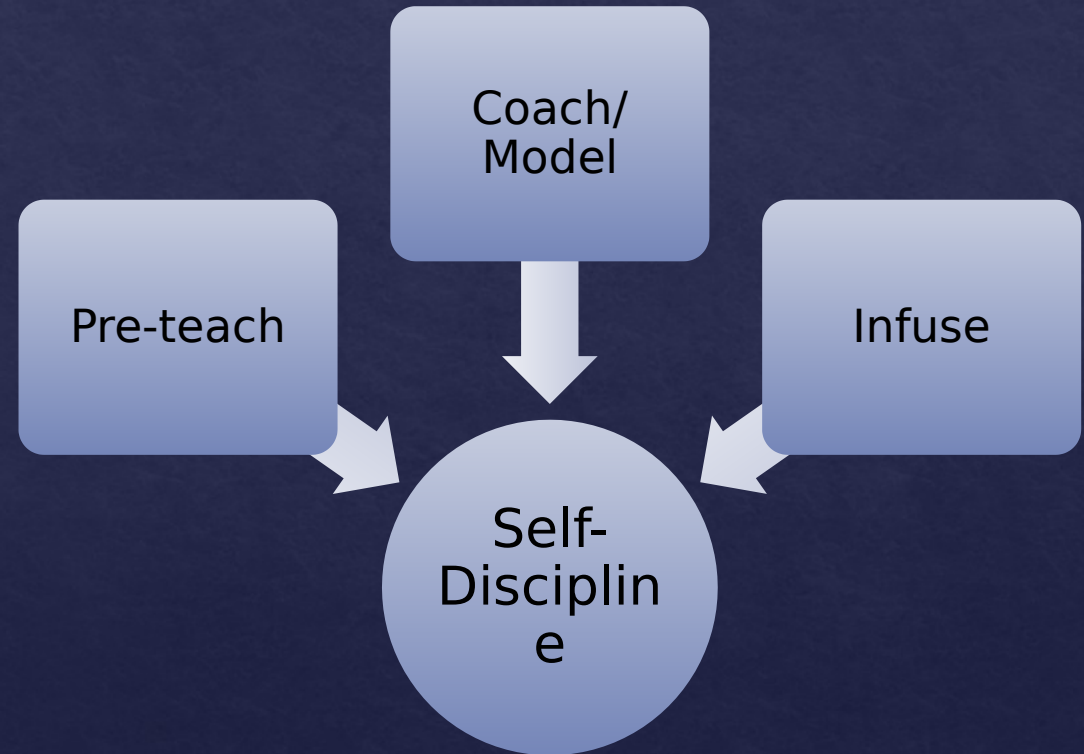
◆ Generative Skills

◆ Organizing, Resolving Problems, Initiating Solutions, Distinguishing Fact From Feeling, Sacrificing/Serving Others

(Vasiloff, 2020)

How Can You Help?

- ◆ “Like any other skill, self-discipline is acquired through practice (Vasiloff, 2020, p. 26)
- ◆ Opportunities to practice self-discipline are everywhere!
 - ◆ Pre-teach
 - ◆ Coach/Model
 - ◆ Infuse
- ◆ Specific ideas for nurturing each skill are presented on the following slides



The Basic Skills

Listening, Following Instructions, Asking Questions, Sharing, Exhibiting
Social Skills

Listening

Nurturing the Skill

- ◆ Wait for your child to stop what they are doing, clear away distractions, and look at you before you begin speaking
- ◆ Do the same for them when they are speaking to you.
- ◆ Ask your child to paraphrase what you said
- ◆ Encourage your child to ask questions

(Discipline With Purpose, 2021)

Talking about the Skill

- ◆ “Focus your attention”
- ◆ “Tell me what you hear me say”

Following Instructions

Nurturing the Skill

- ◆ Make sure your child is ready before giving instructions
- ◆ Give clear and simple instructions. Repeat as needed.
- ◆ Ask if they have any questions.
- ◆ Help them evaluate how they did with following instructions.

(Discipline With Purpose, 2021)

Talking about the Skill

- ◆ “Do you know WHAT to do? Do you know HOW to do it? How much time do you have/need?”

Asking Questions

Nurturing the Skill

- ◆ Allow wait time for your child to respond to questions
- ◆ Model good questioning by asking questions

(Discipline With Purpose, 2021)

Talking about the Skill

- ◆ “What makes a good question?”

Sharing: Space, Time, People, Things

Nurturing the Skill

- ◆ Make time each day to spend with your child with no distractions
- ◆ Model sharing of space and things
- ◆ Set expectations about how to take turns getting a parent's attention

(Discipline With Purpose, 2021)

Talking about the Skill

- ◆ Stay in your personal space
- ◆ We need to share this space
- ◆ Wait your turn

Exhibiting Social Skills

Nurturing the Skill

- ◆ Use please, thank you, and excuse me and expect your child to do the same
- ◆ Model proper table manners
- ◆ Show your child how to be kind and caring

(Discipline With Purpose, 2021)

Talking about the Skill

- ◆ 3 Times to Say “Excuse Me”
- ◆ 3 Times to Say “Thank You”

The Constructive Skills

Cooperating, Understanding the Reasons for Rules, Figuring Out How to Accomplish a Task, Leadership, Communication

Cooperating

Nurturing the Skill

- ◆ Work with your child to identify a goal
- ◆ Brainstorm ideas with your child
- ◆ Give your child age-appropriate chores as their responsibility to the household

(Discipline With Purpose, 2021)

Talking about the Skill

- ◆ “When we cooperate, everyone must do their part to accomplish the task.”
- ◆ “Remember you are working as a team”
- ◆ “Can someone else help you?”
- ◆ “Can you help someone else?”

Understanding Rules and the Reasons for Rules

Nurturing the Skill

- ◆ Establish clear and consistent rules for your child
- ◆ Explain why the rules exist, such as to keep kids safe
- ◆ Enforce consequences when rules are not followed

(Discipline With Purpose, 2021)

Talking about the Skill

- ◆ “What is the rule?”
- ◆ “Why do we have the rule?”

Figuring Out How to Accomplish a Task

Nurturing the Skill

- ◆ Brainstorm different ways to do a task
- ◆ Allow your child to choose from alternative approaches to a task
- ◆ Encourage your child to identify and locate resources needed for a task
- ◆ Allow your child to determine the order and time to complete tasks

(Discipline With Purpose, 2021)

Talking about the Skill

- ◆ How would you like to do this task?
- ◆ “Is this your best work?”

Exhibiting Leadership

Nurturing the Skill

- ◆ Delegate tasks to your child
- ◆ Set expectations for your child and hold them accountable

(Discipline With Purpose, 2021)

Talking about the Skill

- ◆ “What would a leader look like and/or sound like in this situation?”

Communicating Effectively

Nurturing the Skill

- ◆ Engage in conversations regularly with your child
- ◆ Ask questions and listen to your child's responses
- ◆ Model good listening by putting away distractions and looking at your child
- ◆ Express agreement or disagreement calmly

(Discipline With Purpose, 2021)

Talking about the Skill

- ◆ "Are you giving a helpful or hurtful message?"
- ◆ "Tell me a better word to use."

The Generative Skills

Organizing, Resolving Problems, Initiating Solutions, Distinguishing Fact from Feeling, Sacrificing/Serving Others

Organizing: Time, Space, People, Things

Nurturing the Skill

- ◆ Work with your child to organize his/her room
- ◆ Create a schedule to help organize your child's time and make sure he/she knows when to complete certain tasks
- ◆ Identify problem areas and work with your child to develop a plan to organize space, time, things, etc.

(Discipline With Purpose, 2021)

Talking about the Skill

- ◆ How can this space be organized?
- ◆ Can you build a routine?

Resolving Problems

Nurturing the Skill

- ◆ Use time-outs as part of a process of resolving a problem
- ◆ Have a plan for discipline and stick to it
- ◆ Have your child think of a way to help another to show they are sorry for what they have done

(Discipline With Purpose, 2021)

Talking about the Skill

- ◆ How can you make up for what you have done?

Initiating Solutions

Nurturing the Skill

- ◆ When encountering a problem, help your child recognize the different responses – aggressive, passive, and assertive.
- ◆ Encourage assertive responses that work towards a solution.

(Discipline With Purpose, 2021)

Talking about the Skill

- ◆ “Let’s explore the alternatives.”

Distinguishing Facts from Feelings

Nurturing the Skill

- ◆ Help your child understand and name his/her feelings
- ◆ Model behaviors such as techniques to calm your mind or counting to ten before acting on a feelings
- ◆ Recognize when you are overreacting and focus on how to best handle the situation
- ◆ Remain calm and neutral
- ◆ Show your child that it is okay to take time to process a situation rather than responding impulsively

(Discipline With Purpose, 2021)

Talking About the Skill

- ◆ “Can you name what you are feeling?”
- ◆ “What are the facts?”

Serving Others/Sacrificing

Nurturing the Skill

- ◆ Volunteer with your child or for your child's school
- ◆ Discuss sacrifices that you have made
- ◆ Encourage acts of kindness

(Discipline With Purpose, 2021)

Talking about the Skill

- ◆ "What are you willing to give up?"
- ◆ "What will you gain?"
- ◆ Think about the needs of others

Pitfalls for Parents

To be successful in teaching self-discipline, the following must be avoided (Vasiloff, 2020, p. 28):

- ◆ Inconsistency
- ◆ Shouting
- ◆ Idle Threats
- ◆ Negative Power-plays
- ◆ No Follow-through
- ◆ Thinking the Worst

References

Discipline with Purpose, Inc. (2021). *Tips everyone can use to teach self-discipline skills*. Discipline With Purpose, Inc.

Vasiloff, B. C. (2020). *Discipline with purpose: Nurturing a child's self-discipline*. Emerging Ink Solutions.