



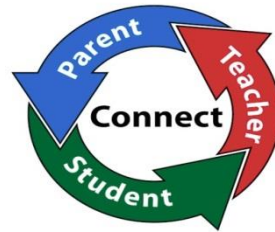
## HOW PARENTS MODEL THE SELF-DISCIPLINE SKILLS?

by Barb Vasiloff

Teachers are always grateful when parents support the expectations they have established in the school. Common areas afford a wonderful opportunity for parents to model self-discipline skills. Here are a few actions teachers appreciate parents doing.

- **Following Instructions:** Abide by the parent handbook when on campus. For example: Only take photos of children with permission from administration.
- **Sharing Space:** Monitor pre-school children and insist that they hold your hand rather than run freely through the school building.
- **Social Skills:** Use greeting and leaving skills. Even if you know a teacher well, address teachers using Mr., Mrs., Ms. when children are present.
- **Understanding Rules:** Follow the school procedures for pick up and drop off of students.
- **Understanding Rules:** Don't make exceptions or think it is alright for your child to break ranks and meet with you if they are in large group activities. Always check in with the office before meeting with your child.

- **Figure Out How to Accomplish A Task:** Monitor student's clothing - coats, sweaters, hats, etc. and ask them to search the lost and found if something is not returned to the home. Teach students to be responsible for their belongings.
- **Figure Out How to Accomplish A Task:** Allow your child to take the natural consequence of his/her actions. Don't bring forgotten items to the school but do coach students on where they might put things so they are ready to go to school.
- **Communication:** Use an appropriate voice tone when meeting with teachers. Ask if this is a good time to meet. Better yet, make an appointment beforehand.
- **Organization:** When you volunteer for a school activity, ask for information ahead of time outlining the expectations of a volunteer. Follow the expectations and give feedback when requested.



Use the activity below to help students appreciate how members of their family demonstrate the self-discipline skills.

# MY FAMILY MODELS THE SELF-DISCIPLINE SKILLS

(Select two skills you see/hear your family members demonstrate. Describe how they demonstrate each skill.)

1. My \_\_\_\_\_ demonstrates the skill of \_\_\_\_\_ . This is what I see and/or hear.

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2. My \_\_\_\_\_ demonstrates the skill of \_\_\_\_\_ . This is what I see and/or hear.

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**Create a certificate for each family member and attach your description of how they model the self-discipline skill.**