

## 2-12-15 Discipline #1

"I want to thank you, God, for being close to me so far this day. With your help I haven't been impatient or lost my temper. I haven't been grumpy, judgmental, or envious of anyone. But, I will be getting out of bed in a minute, and I think I will really need your help then. Amen."

This week I will teach you the fundamentals of discipline, but not the answers. You will have a hard week. Watch yourself. Next week I will give you 13 Tools of Discipline. I won't answer this question today...I'm not handling the 'What do I do's?' today. After I teach you the tools next week, when you change what you are doing the behavior will get worse before it gets better. When you don't react that way it is unsettling for them. If what you are doing is not right it is still comfortable.

If you aren't supposed to yell so you quit yelling they will get worse and push harder to get you to yell.

Most of you are pouring oil on the fire with Power Struggles. We are going to discuss it, but I'm not going to tell you how to fix it. The more uncomfortable you are about this week, the more receptive you will be to the tools. The discomfort is ok.

Homework: Evaluate how you try to get your children to do what you want them to do. This includes how you try to get them to behave the way you want them to behave.

You need to have an 'ah-ha' week. This is what I do. I yell. Don't feel guilty about it. We will give you tools. You yell because you don't know what else to do.

We have this erroneous concept that we got from our parents that in order to make our children behave better we need to make them feel worse so they will feel remorse, repent from that, and never do it again.

Example...You have a 4 year old that is acting obnoxious. You cannot hit your brother. You go to your room and stay there and think about what you are doing. You think they will sit on their bed and think...I shouldn't hit my brother. Jesus wouldn't hit. I want to be like Jesus. I will never hit again. You want them to come out and say Oh Mother, I'm so sorry. I will never do it again. They go to their room and slam the door...your anger went up a notch. In 2 ½ seconds they come running out. You say go back to your room. You can come out when I tell you to. They come out in tears. Why are they crying? Because they are repenting? No, they are really mad at you and they are hurting and feeling like they aren't being loved. Children don't have to repent because

they can't sin. You say, "Now remember that you can't do that again now you can stay here." We think if you are crying they must be remorseful. They have learned that if they cry long enough loud enough they can come out. They go right back in and hit again. They are still hurting. What do you say? We are still mad from the first time and they are still hurt from the first time. We send them back and say you will stay in there for a half hour. They are feeling isolated, alienated, and unloved.

The feeling of 'you have to feel worse so you can act better' is totally wrong when dealing with little people. In teaching and training little children what's right (they aren't capable of sin)...the goal of discipline is to teach and train and learn..not to make them feel worse.

Sometimes that power feels really good. It makes you feel in control. You are actually shooting yourself in the foot. The object of discipline is to teach.

Adam & Eve in the Garden of Eden....They are innocent...our children are innocent until the age of 8. What was the first thing he did to Adam & Eve he taught them and instructed them. He told them to dress the garden, eat of all the fruit except the one tree. Then he left and went away. He let them have space to see if they would follow what he taught them. They were tempted. (Brother comes along and tempts them with the toy they really wanted). What happened when they broke the law? They were given a consequence...before they broke the law. It was enforced. Did he say, "Adam...how many times did I tell you not to partake of the fruit. Get out of here until you have repented."

He in great love immediately sent angels to teach them, watch over them, help them understand. Did he leave them alone? No. He pulled them in, loved them and instructed them in what they had done wrong.

We say...You are out of here. When they come back we say...Ok don't do it again! Have they learned anything? Only that Mom's a referee and if I make a mistake I get a penalty.

How many times in your life have you been told to say your morning prayers? Do you ever forget? Discipline is a process. It's not an event. As mother's we will say, "I have told you to hang up that backpack when you come home." What we do in our 'discipline' is the same thing. We feel like if we do the same thing louder and with a bigger voice and more anger we are doing the same thing over and over and expecting to have a different result.

In 1970 [Elder Boyd K. Packer](#) of the Quorum of the Twelve Apostles counseled parents of wayward children to “leave off trying to alter your child just for a little while and concentrate on yourself. The changes must begin with you, not with your children. You can’t continue to do what you have been doing (even though you thought it was right) and expect to unproduce some behavior in your child, when your conduct was one of the things that produced it” (“Families and Fences,” *Improvement Era*, Dec. 1970, p. 106).

Understand that a lot of times when our children misbehave it could be because of what we are doing. This week look at how you discipline. If you are brave take notes on it. Yell. Sent to room. Swatted them. So you can get a picture of what the tools are that you use. Then when you have ponder moment look at how you were raised. Are you using the same tools used on you? 1. Yes you are. 2. You hated the way you were raised so you do the opposite.

Class member: I realized that I am a blue, but I am a red parent because that is how I was parented. It comes flaring out in that situation.

I think our children bring out the real in us.

When we don’t have tools.... (Big things)

1. We parent in anger. Our feeling is you will do what I say because I am the parent and you will do it because I am the parent. When they are little you can do that. When they get big it doesn’t work. You can create rebellious children. The child gets angry and says I hate you. Then we get hurt. Then we turn to fear. It create an “I don’t know where we stand.” It’s an insecure place for the child to be.
  - a. “We can force our children to hell by forcing them to do things.
  - b. Focus on the Family (James Dobson)....Study pulled middle class boys and asked them questions.
    - i. 4 Needs---Identity, Belonging, Being Worthy, Sense of Control
    - ii. They said...boys with high self esteem felt #1 more loved and appreciation at home. #2 The parents have significantly more strict in discipline than their friends. (low self esteem felt insecure and the rules weren’t enforced they felt like their parents did love them.) If you are going to make a mistake make it to the side of being more strict than less strict. #3 More democracy and openness. Rules were discussed, evaluated, and changed when needed. It wasn’t an ultimatum.

The way you discipline helps children feel their divine identity to a great degree.

Paraphrased quote from ??? “The way children perceive parents love towards them is the first indication of how they feel Heavenly Father feels about them.”

If children feel like your love is conditional (has to do with discipline)...based on how their room is clean. If my room is clean you love me. If I don't you don't love me. You don't love me because I get B's and sister gets A's. This is their 'take-away' from it. He says, “You only love me if...” We need to separate the behavior and the child.

That is how they perceive Heavenly Father loves them. That is why our youth don't believe that they can be forgiven of their mistakes because Mom keeps bringing up my room that was messy last week. Mom keeps reminding me I constantly hit my brother how can I repent?

### **Differences between Punishment and Discipline:**

Punishment...focuses on behavior rather than the child. You are focused on wanting to stop the behavior. I want you to stop hitting. You are focused on the hitting. It is focused on immediate change. We also used guilt. “Is that what Jesus would do?” “If you were good would you do that?” Most of you were raised with guilt. If you have a blue child and get angry with them you can use guilt and it will work, with a white child you will break them.

Discipline...takes times. It isn't a quick fix. The goal of discipline is to teach them how to change themselves. Then you have to allow time for them to gain that self control. It takes time for a child to learn to be self-disciplined. You will handle the same things over and over. That child is learning self-discipline. If you use it right it will inspire from the inside out for the child to behave appropriately. They feel empowered and have a high self esteem and feel loved. When you are disciplining the message comes across that “I love you! The behavior isn't ok and what are we going to do about that, but I love you.” Separate the child from the behavior. The child can still be valued.

Bank Account....How many prefer to be in the black? Your children and you have emotional bank accounts. We talked about this in depth last semester in “Praise & Encouragement”. Sometimes your children are misbehaving over and over. It feels like you are always yelling at this child...they are 2,4,6,8,10 (usually). They are yelling, teasing, not doing homework.

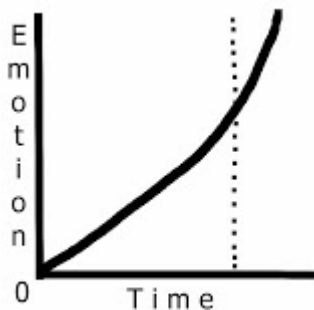
They go to school and are in trouble with the teacher because their homework isn't done. Then they are in trouble with Mom because they forgot their homework. They are frustrated and hit their brother. Then they are in trouble and lose the TV. Then they

won't eat their broccoli so they don't get dinner. They feel like they are rotten. They feel like they are bad, lonely, hurt. He has no emotional energy to do what you are expecting him to do. If you continue to yell and discipline him is he going to change? Does he have the power within him to change? No! Look at their emotional bank account...10 Positives to 1 Negative....AT LEAST!!! For every withdrawal you have to have at least 10 positives in for every one you draw out. When a bank account is in the red you can't expect them to be happy and able to do what you ask of them. If you don't put something in you can't get something out. That is a critical part of discipline.

Class member: My boys were at each other's throat. I had to walk away. (This is discipline not punishment). I went into the kitchen and was lead by the Spirit. I cut some cheese and got some crackers. I went back into the room and just sat with them. They were still arguing. I handed the oldest boy cracker and cheese...Who do you think you can give this to? He told him thank you. I didn't talk to them about what they were doing. They just needed to feel loved. We just moved forward in a loving way.

She allowed them to serve each other.

If you can keep yourself at Level 0 "Action Line"



Example...You ask them to set the table. They are watching TV. Did you expect them to be there? No. It's always that way. You aren't angry. In 10 minutes you say....Hey kids turn off the TV and let's get going we need to do dinner before Dad gets here. Time has gone on...are we starting to get frustrated because when I say it you should do it. Is emotion going up? In 30 minutes there is still no kids. You say...Get up here Now! At that point depending on you and your children they may or may not come. Emotion & Time have both moved on. We are getting ticked. I'm not the maid around here. We get in some self pity. They may come and they may not. We are at 45 minutes...we go stomping downstairs. We turn off the TV and say...I have called you 3 times! Get upstairs and get the table set! You are mad and they are mad.

This in your home feels repetitive. These kids never do anything unless I yell. You have trained them and have taught them. Children don't respond to your voice. When you say it softly and they don't move why do they not move. You have taught them they can get 15 more minutes of TV without you exploding. You aren't coming down and 'moving'. Your children respond to your action. If you move enough times when they are young and you teach them you mean what you say they will be very responsive.

I didn't act until time and emotion moved too far, but I didn't do anything. Move your action line down to your level zero. Be respectful to your children. Do any of you like it if your husband says, "Come now and get me a sandwich."? You get mad. If he says, "I'm getting hungry are we going to eat in 30 minutes?" You can finish what you are doing and then do it. You can emotionally withdraw. You need to allow your children to emotionally withdraw.

In 10 minutes you have moved your action line down. Are you mad yet? No. You gave it to them. Instead of yelling down the stairs you take your body downstairs and stand in front of the TV and you say come on guys. It's time now. You get the silverware. You get the glasses. You get the plates. They will be shocked. They will give you flack. Are you still at zero? Can you handle flack better?

They will push against the boundaries while they are growing up. They really do want them to still be there..unless they have reached a point where we remove the boundaries. Children don't become responsible because they are older. They get responsible because you teach them responsibility.

Before you ask a child to do something....

1. Are they capable?
  - a. Have you taught them?
  - b. Are they emotionally capable? Are they tired, hungry, emotional? They may not be capable right now.
2. Do you want it done right now?
3. Are you willing to follow through?
  - a. Pregnancy you are emotionally a wreck.
4. Are you consistent?

Your children learn to believe you. You have already taught them that you don't mean what you say. You will have to retrain them. They will push on you. They don't want you to be consistent. You can expect some struggles. It doesn't mean the principle is correct. Inside smile and laugh because it is working. They will get better.

You have to understand those 4 things for self-esteem. How do children get those things met? With little people...toddler to 10 yrs old....have their own misconception of how to get their needs met.

["Children the Challenge"](#) (book) Dreikurs

A misbehaving child is a discouraged child because the needs aren't being met. Little people also don't know reality. Their perception is what's real to them. Truth isn't real to them. What's important is what they are perceiving. If they are feeling something...that's their real. You have to train, discipline, build to their 'real'. Little people act out in 4 basic ways.

1. Attention

- a. Can become habit forming. It's just annoying.
- b. Babies come self-focused. As they get older they tend to stay there unless we can teach them otherwise.
- c. This toddler you put in the high chair starts banging a toy on the chair. You aren't mad, but after awhile it becomes annoying. You tend to remind and coax them. They smile and laugh and as soon as you turn back. When you are engaged they are pleasant.
- d. As they get older it's translates into whining. They want you engaged. They want your attention.
- e. They don't really care if it's positive or negative engagement. They just want you engaged. Why does the first child have a problem when the second child comes? They are losing the attention. If there is a larger space between children you sometimes won't have that.
- f. Over time this translates into Competition.
- g. The way to correct this. When they are demanding attention you ignore the demand. It's inappropriate. When they don't demand it you give lots of positive attention.
- h. As this gets older it grows into a child who needs Praise to still feel 'ok'. If you don't correct it that's where it goes.

2. Power

- a. Difference is how you feel about what they are doing (attention—irritated and annoyed). In power you are angry. You will do what I say, no I won't. It's a power struggle. Let's fight. Let's see who wins. You are really mad when you can't win.
- b. As you engage it intensifies, it gets worse. They become fabulous. When they are teenagers they are very, very difficult.

- c. Part of why we engage is because we want them to know what's right. If you are a blue you are lecturing them about what's right. You have to disengage. They can't fight if there is no one to fight with. The only way you win is to disengage. When you stop the fight everyone wins. In order to teach through power struggles they have to cool down.
  - d. When they are angry they don't hear anything you say. They are only coming back with answers.
  - e. Theses typically are the 'reds'.
  - f. There is a magic word with reds. You can't use it in anger. You can't use it in sarcasm. You need to be level zero. "Nevertheless". You let them say everything about why they are wrong. When they are through...Nevertheless I still need you to clean your room. They will start all over again. You listen and when they are done you say...Nevertheless I need you to clean your room. You have to be willing to not engage.
  - g. Example: Oldest daughter is fire engine red. She was in 5<sup>th</sup> grade and it happened to be at 5:30 and I was standing there fixing dinner. Red's know. They aren't seeking information. They are seeking to deflate you to get their way.
  - h. When you go back with a power struggle you don't have to reiterate it.
  - i. I felt bad about the way you treated me yesterday. Maybe you can go see your friend next week.
  - j. To verbally correct in the heat of a power struggle will just escalate it.
  - k. Consequences & choices are good tools for this level.
3. Revenge
- a. They get even more discouraged and their desire is to hurt you. They are hurting so they are lashing out to hurt you. They will say, "I hate you! You are so mean! I don't want to be in this family!"
  - b. You will feel like retaliating against them.
  - c. My Dad used to say, "I don't care about how you feel right now, but when you are 30 I will really care how you feel about when you were growing up." You need to remember this.
  - d. When they are doing this...you feel hurt, helpless, and you emotionally withdraw from the child. They need you to love them. You work HARD on putting deposits in their emotional bank account.
4. Quit/Give Up
- a. White's get here soon! They say, "I can't do it!"
  - b. Give lots of encouragement and love. Discipline has to be tender. You have to help them build courage before you can work on building those tools in them.
  - c. Most of you won't have that experience which is good.



## HOMEWORK:

Watch your children and see what they do. Are they acting in one of these levels.  
I want you to watch yourself and see how you discipline.

### THE HANDWRITING ON THE WALL

A weary mother returned from the store,  
Lugging groceries through the kitchen door.  
Awaiting her arrival was her 8 year old son,  
Anxious to relate what his younger brother had done.

"While I was out playing and Dad was on a call,  
T.J. took his crayons and wrote on the wall!  
It's on the new paper you just hung in the den.  
I told him you'd be mad at having to do it again."

She let out a moan and furrowed her brow,  
"Where is your little brother right now?"  
She emptied her arms and with a purposeful stride,  
She marched to his closet where he had gone to hide.

She called his full name as she entered his room.  
He trembled with fear--he knew that meant doom!  
For the next ten minutes, she ranted and raved  
About the expensive wallpaper and how she had saved.

Lamenting all the work it would take to repair,  
She condemned his actions and total lack of care.  
The more she scolded, the madder she got,  
Then stomped from his room, totally distraught!

She headed for the den to confirm her fears.  
When she saw the wall, her eyes flooded with tears.  
The message she read pierced her soul with a dart.  
It said, "I love Mommy," surrounded by a heart.

Well, the wallpaper remained, just as she found it,  
With an empty picture frame hung to surround it.

A reminder to her, and indeed to all,  
Take time to read the handwriting on the wall

Author Unknown

Your children are sending you messages. Take time to read them.