

Why Train and Correct (Discipline)

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Icebreaker

When you hear the word DISCIPLINE what immediately comes to mind? Write one positive and one negative and fold up your paper and put in the bowl. Everyone pick out one to read out.

Introduction

We all want our children to do as we ask, because we simply want the best for them (and as a plus, this will also benefit us!!)

Children do not know how to live and behave appropriately and although we can get it wrong, we know better than they do how to do this.

Therefore, we have the responsibility to train and correct them. Discipline can seem a negative word but one way to see it is discipling them (that is where the word comes from)- ie teaching, guiding and lovingly correcting them, encouraging them to follow your lead.

That is why we have the word disciples of Jesus, they were lovingly guided and corrected as they followed, encouraged and supported.

Discipline can involve consequences, but this should be done in love with a good training motive not out of anger and frustration (though we all do this). It is CARING CORRECTION not Careless correction.

Discipline allows for choices and space to learn consequences of actions. Family rules become ingrained and nagging and conflict reduces eg not getting down from the dinner table until mummy gives permission. If it becomes a given that they can't, then you can get on with enjoying the conversation and food.

Discipline ultimately trains a child to become SELF-DISCIPLINED. Moving from parent control to self-control.

Small Groups

What are some of the current ideas about discipline, positive and negative?

Feedback

Further reasons for training and correction

Although we are probably all itching to think about **how** to train/discipline, it is important to linger on the 'why?' today, because a lot of parents have lost confidence in disciplining due to a variety of ideas floating around. This can make us anxious and we wobble and lack courage to correct in the moment or feel intense guilt afterwards.

We will consider these under these topics:

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- 1. Security and Self-Esteem**
- 2. Innocence**
- 3. Living under authority**
- 4. Better relationships**
- 5. Self-discipline and confidence**

Security and Self-Esteem

'no discipline seems pleasant at the time, but painful. Later on, however, it produces a harvest of righteousness and peace for those who have been trained by it' Hebs 12v11

There is a lot of concern amongst parents that saying no, or disappointing your child, or allowing them to be temporarily unhappy, or giving consequences, will damage their happiness and feeling of being loved. This is a genuine concern and there is a huge focus on building a child's self-esteem on parenting social media platforms.

However, if you look more closely into reputable parenting advice, you will see that the Positive Parenting Movement does include consequences and saying no, withdrawal of privileges etc. It is the way in which it is done that has changed; correction is spoken and acted out in a more supportive way, with more appreciation for a child's emotions and their point of view. It encourages taking responsibility and helping to make good choices.

There is so much research to prove that a child who has consistent boundaries, consequences and love, will be a happier more secure confident child.

Why is this?

To illustrate here is the story of some research: school fence:

A study was done on a group of school children. They were sent out to play with two different settings. One was with a school fence around the large play area and another with no fence or boundary.

When there was a fence the children spread far and wide, to the far corners of the field to play. But when there was no fence they stayed close to the school.

This gives an example of children needing a boundary. They feel safer and freer with a boundary than when they had no boundary. They knew the limits and that felt better, safer.

Children will push at the boundary and test it to see if it will fall. But this testing of the boundaries is a sub-conscious way of seeing if these boundaries are strong and secure. If they are not, the child feels rather uncertain and unsure after the initial elation.

Or an adult eg: if you start a new job, if no one really gives you much time but simply tells you to get on with the job, you feel pretty daunted and unsure of yourself. You wish someone kind would come alongside you and give you some guidance on how to do things