

## - - Refreshment in the New Year - -

For the moment all discipline seems painful rather than pleasant, but later it yields the peaceful fruit of righteousness ... Hebrews 12:11



Welcome - - “Mommy & Me” reading



Action & Consequences

- Teaching your toddler to obey is the best time to start. Life is simple for them. It is yes or no. Your will or your child’s? <https://www.focusonthefamily.com/parenting/how-disciplining-children-creates-happy-childhoods/>
- Creating responsible kids - When you consistently discipline your child and do it with the right attitude — compassionately, under control, with consistent boundaries and consequences, and focused on the child’s best outcome — you are expressing love exactly as God sometimes expresses His love. <https://www.focusonthefamily.com/parenting/fathers-impact-child-development/>
- Looking at people instead of phones. Kids can learn to solve their own problems instead of asking Siri for help all the time. Phones can also become an addiction along with video games & social media.
- “We encouraged the kids to be strong on the *inside*, at peace on the *outside*, while keeping their cool, in order to rise *above* their circumstances and keep going *onward*.”
- <https://www.happyhomeuniversity.com/conference> - could be a great investment!



Creating a Family Mission Statement

- Commit to creating and living within a prescribed goal. Your mission statement may grow organically (i.e., out of a need to correct your kids’ behavior). Define your values together. Create a family logo & use visuals for kids to grasp the idea.
- <https://healthyhappyimpactful.com/family-mission-statement/>

***Creating Your Family’s Mission Statement***

Fill in the following blanks to create action steps for your family goals:

Values that are important to our family are [*love, integrity, honesty, trust, good health, team work, etc.*]

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When people think of our family, how do we want them to finish this sentence:

They are a family that [*volunteers, ministers to others, respects each other, etc.*]

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We will accomplish this by [*collecting food for homeless, working with youth group at church, etc.*]

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For/with our neighbors and friends, we will [*drop off home-baked cookies, invite them to activities, etc.*]

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For/with our extended family, we will [*babysit, send encouraging card, text or phone call each week, etc.*]

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For/with our church or community, we will [*volunteer in the food ministry, childcare, etc.*]

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Then review and revise these lines each year until you see a pattern that allows you to write a larger, more comprehensive mission statement. You may want to figure out an acrostic with each letter of your last name that represents you as a family.

### Tips for Self-Discipline

Remember, it's your self-discipline that is key. Be deliberate and purposeful. Determine in your mind that you are going to set aside the next few days or even a

week to teach your child how to obey you. Plan to stay home, so you can be in an environment that is not over stimulating. Stick to a regular schedule. Meals, naps, and bedtimes, when they are off or arbitrary your toddler has a harder time regulating his emotions. Stay consistent so he knows what to expect.

Once you have his daily routine in place, and he doesn't have his own physical urges of being over tired, or hungry to contend with, you can begin your routine of disciplining.

### Create a Discipline Routine

It's vitally important your child always knows what to expect from you. Have you, or have you ever watched a parent, count down after repeatedly telling a child to do something? His child is waiting for that countdown. Chances are, that parent has not followed through with threats of discipline until the last number of the count. Your child will figure out your pattern pretty quickly. And will always play the odds in their favor. Set the pattern.

Give them a simple pattern both of you can adhere to. Remember, we are practicing this week, so commands are thoughtful and purposeful. Your plan is to make sure she follows directions.

Start by asking while you have her attention. While you two are talking or snuggling, not while she is distracted. When you tell your child do something, praise him or her for their obedience with big smiles and hugs. When she does not obey follow these steps—every single time.

Say your command once. If she doesn't obey, go to the child, and make eye contact to make sure she hears and understands what you are saying. Repeat the command only once, and begin with this phrase (and this is the key) "Listen to mama..." or "Listen to Daddy..."

If she refuses to obey, let the punishment fit the crime. Repeat with every request.

The key ingredient here is "Listen to mama..." and consistency. Combined, they create a pattern even the most strong-willed child will pick up on.

Expect your child will test you. Try not to become frustrated. She is looking for holes in your fence. Once she understands there are none. The testing will stop, and you will have a happy obedient child.

What's the Best Way to Discipline My Child?

Every child is different. In our family of nine children, we have the entire range, from strong willed edge walkers to people pleasing compliant children. As the parent, you know your child best. Disciplining children is not a one size fits all, even within the same family. For some children, the strength of your voice is enough to pull them in line. For others, nothing short of corporal punishment will deter them. Only use what is effective.

### Set Up Rules for Disciplining Children.

Never punish a child for something they did not know is wrong. Use that time to explain why they cannot do it. And explain what the punishment is for doing it. Because now, if they do it, it is disobedience, and there is a known consequence for disobeying parents.

Set different punishments for different offenses. Remember there is a difference between direct disobedience and helping them overcome childishness. For example: The rule of the house is no running downstairs. So, when an absent-minded child runs down the stairs to open the door for a friend, stop her. Tell her, she has forgotten the rule, so practice. Go back up the stairs and do it again.

Set rules. Children of all ages must know what the rules are. Rules, like fences in a yard, give children safe boundaries to play in.

### Final Thoughts on Disciplining Children

As parents we often worry that our children will not like us or be mad at us. This can hurt our hearts because we love them so. Don't let that stop you from giving your child the gift of discipline. When you have a well-behaved child, you have a child who will thrive as the person God created him or her to become.

Today, my children will tell you some of their greatest childhood memories are those of other adults who stepped into their lives, taught them to ride horses, do woodworking, and even drive tractors.

When other adults only see disobedience, and bad behavior, they are robbed of seeing the rich personality you see. The person God is growing inside them. When they see your child, as they truly are, you will be amazed by those who will want to pour into them. Perhaps most importantly, we want them to love and obey parents they can see, so they will love and obey the God they can't see.