

# SELF-DISCIPLINE

*A Key to Your Student's Success*

*When some people think of discipline, they think of parents laying down the law. But the most effective kind of discipline is self-discipline. And the best place for your child to learn it is at home.*



Adults don't have people standing over them every day. They must assume many responsibilities for themselves—getting to work on time, preparing meals, cleaning and shopping. Self-discipline helps them manage their lives.

Your child needs to develop self-discipline, too. It starts when you establish clear rules and expect your child to follow them.

Your role should be to help your child rely less on *your* discipline and more on *self*-discipline. Once your child has self-discipline, you won't need to provide constant reminders about what to do.

You'll find your self-disciplined child is more organized, takes responsibility for learning—and is more likely to succeed in school!

## Here's How You Can Help Your Child Develop Self-Discipline



- Establish routines. For example, expect your child to set a regular time for doing schoolwork every day.
- Create a supportive atmosphere in your home. A child who is afraid to make mistakes can't develop self-discipline.
- Be clear about family standards of right and wrong. Sharing your values will help your child become more self-disciplined.
- Enforce family rules consistently so your child always knows what you expect.
- Give your child chores to teach planning and responsibility. Avoid nagging by making a job chart.
- Be a role model. Show your child what it means to be self-disciplined.
- Praise your child when you see self-discipline. Say things like, "I can always count on you to be on time."

*When you help your child develop self-discipline, you are preparing your child for success in school—and in life.*

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