

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. Make a job chart to help your child stay on task.
- 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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