

## **Discipline**

### **Try using 'if-then' statements for effective, consistent discipline**

Kids are smart. They figure out just how long they can ignore what their parents say. They also know that the more parents talk, the more likely kids are able to wear them down until they finally just give up.

Instead of giving up, use "if-then" statements when you discipline your child. If your child does one thing, then something else will follow. But the key is to make sure that you follow through with what you say.

Instead of reminding your child to turn off the TV 15 times, say, "Jacob, if you don't turn off the TV, then I will turn it off and it will stay off for the rest of the day." When you turn off the TV and keep it off, your child will learn that you mean what you say. That's why the then has to be something you will actually do. If you don't follow through with the consequence (even just once), your child won't take you seriously.

And remember that an "if-then" statement can be positive, too. "If you do your homework now, then we will have time to watch your favorite TV show after dinner."

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