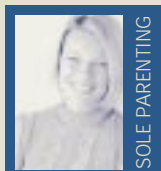




Co-discipline – an option for sole parents



SOLE PARENTING

Article by
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“After many tears of frustration I learnt the effortless way to discipline my son was to hand it over to him, and co-discipline.”

Being a sole parent has its challenges, particularly when it comes to discipline. I knew I had to find a way that empowered my son and didn't take away my energy. Disciplining any child can be challenging and frustrating, even more so when the role is strictly yours

After many tears of frustration I learnt the effortless way to discipline my son was to hand it over to him, and co-discipline.

So, what is co-discipline? Its positive discipline through guiding children to make empowered decisions, showing them what they have done wrong, giving them ownership of the problem, offering them ways to solve the problem they created, and leaving their dignity intact.

Co-discipline in a sole parent household is a positive way to create boundaries without giving away all your precious energy. Single mums and dads still have to run a home and work, plus all the extra activities in between!

If you are in a dual relationship, co-discipline can elevate the pressures and challenges within a relationship that disciplining a child can bring. By sharing the responsibility WITH your child you're able to create a positive outcome and remain in alignment with each other.

Choices are a very important part of discipline. If you want your kids to make wise choices - give them the opportunity to make lots of choices, including some unwise ones. Unless, of course, the results of unwise choices are unsafe or morally threatening.



Discipline through punishment does not empower children. It establishes fear, creates intentions of anger and can lead to greater conflict. Children who are parented in these ways often withdraw or rebel and their zest for life disappears.

I have witnessed my child thrive on this style of parenting and discipline. It empowers their wise nature and allows them to be responsible, resourceful and loving individuals and makes my job as a single mum so much easier!

Tips to put co-discipline into practice:

- ✓ Ask your child to determine the limits and rules that determine their learning and behaviour. Let them have a say choosing homework time and clothing by using choices. But give them two options rather than a smorgasbord to choose from.
- ✓ Say what you mean - mean what you say, do what you said you would do. If we tell our children not to yell at us or hit other siblings and they see us yell at our partner, we are not acting in accordance with what we are saying,
- ✓ Help your kids set goals and outcomes and motivate with a reward system By creating a star chart or point chart on the fridge, every time they reach the goal (eg this could be as simple as brushing their teeth without being asked) they tick the chart and each week, add up the points kids get to choose a reward from the list they have created.

To contact Victoria for further information on coaching or training to become a life coach see www.victoriamills.com or call 1800 682 556.

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