

TWENTY COMMON DISCIPLINE MISTAKES

1. Our discipline becomes consequence-based instead of teaching-based.
2. We think if we're disciplining, we can't be warm and nurturing.
3. We confuse consistency with rigidity.
4. We talk too much.
5. We focus too much on the behavior and not enough on the "why" behind the behavior.
6. We forget to focus on how we say what we say.
7. We communicate that our kids shouldn't experience big or negative feelings.
8. We overreact, so our kids focus on our overreaction, not their own actions.
9. We don't repair.
10. We lay down the law in an emotional, reactive moment, then realize we've overreacted.
11. We forget that our children may sometimes need our help making good choices or calming themselves down.
12. We consider an audience when disciplining.
13. We get trapped in power struggles.
14. We discipline in response to our habits and feelings instead of responding to our individual child in a particular moment.
15. We embarrass our kids by correcting them in front of others.
16. We assume the worst before letting our kids explain.
17. We dismiss our kid's experience.
18. We expect too much at times.
19. We let "experts" trump our own instincts.
20. We're too hard on ourselves.

