



Disciplining Your Child

The word discipline means to impart knowledge and skill – to teach. However, it is often equated with punishment and control. There is a great deal of controversy about the appropriate ways to discipline children, and parents are often confused about effective ways to set limits and instill self-control in their child. Child maltreatment includes all types of abuse and neglect of a child under the age of 18 by a parent, caregiver, or another person in a custodial role (e.g., clergy, coach, teacher). There are four common types of maltreatment: Physical Abuse, Sexual Abuse, Emotional Abuse, Neglect.

To be effective, discipline needs to be

- given by an adult with an affective bond to the child;
- consistent, close to the behavior needing change;
- perceived as ‘fair’ by the child;
- developmentally and temperamentally appropriate; and
- self-enhancing, ultimately leading to self-discipline.

Resources:

Book: *Child Guidance*, by Ellen G. White

Effective parental discipline <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2719514/>

Prevention of child maltreatment:

<http://www.who.int/bulletin/volumes/87/5/08-057075.pdf>

<https://www.cdc.gov/violenceprevention/childmaltreatment/index.html>

“But my God shall supply all your need according to his riches in glory by Christ Jesus.”

– Philippians 4:19 (KJV)

