



# Discipline

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- What is discipline and why must we have any?
- Having discipline when there is no particular reason vs. not having discipline when you should have discipline.



# Discipline Prerequisites

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- Need to have a genuine relationship (be involved with) the child (children). Kids need to be noticed and accepted.
- Discipline must be planned for. Plan A....Plan B.... Plan C
- Planning must involve the child.
- Keep rules and expectations to a minimum.
- Decide just how important a particular behavior is. What behavior is intolerable?



# Discipline Techniques

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- Removing the badness
- If you can't beat 'em, join 'em
- Satiation and flooding
- Allow natural consequences to occur
- Planned consequences (Are they reasonable? Too powerful? Enforceable?)
- Modeling vs. negative feedback (i.e., tape recording)



# Time-out

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- May time out an object or child
- One minute in time-out / child's years of age (i.e., 4 year-old child gets a 4 minute time-out; 10 year-old gets a 10 minute time-out)
- Use a timer
- Time-out place should be safe and boring (i.e., time-out rooms and table structure in hospital)



# Reality Therapy

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- William Glasser, M.D. wrote Reality Therapy and Schools Without Failure
- Teach client to accept responsibility for own behavior and mental health
- What did you do? How did that help you? How did it help other people involved in the incident? Let's come up with a plan to generate alternative behaviors for the next time a situation like this one arises.



# Home Token Economy

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- Ultimate behavior management system based on operant conditioning
- Can be used with ages 2 through adolescence
- May use tokens with young kids and points with older ones
- [Sample chart](#)