

## CREATIVE DISCIPLINE

Discipline comes from discipulus, the Latin word for **pupil**, which also provided the source of the word **disciple**.

We need to shift our thinking to TEACHING our kids not DISCIPLINING them

The Whole Brain Child by Dan Siegel and Tina Payne Bryson says this “As parents become more aware and emotionally healthy, their children reap the rewards and also move towards health. That means that integrating and cultivating your own brain is one of the most loving and generous gifts you can give your child”

Parenting is a skill we need to \_\_\_\_\_.

1. \_\_\_\_\_

Ask God for wisdom. He knows your kids better than you do!

2. REFLECTION & \_\_\_\_\_

Creating routines by looking back on what we've done and what we could do better re-wires our brains to make the next time we come across the same situation better

3. SWITCH \_\_\_\_\_

Physically moving to a new position can create a pause long enough for us to reduce our overwhelm or come up with a creative solution

4. \_\_\_\_\_ PLAY

Re-doing a situation with our kids gives them another option for how to handle a situation better next time. Its best to give a simple approach

5. REALISTIC \_\_\_\_\_

Knowing what is appropriate for each child and where they are at allows us to have attainable goals for them to achieve that allows us to affirm them and praise them rather than always falling short.

6. NATURAL or RELATIVE \_\_\_\_\_

Having a direct consequence to the situation can be empowering and easy to follow through on. Discipline that is not directly related to the action can be hard for a child to connect.

7. REDUCE YOUR \_\_\_\_\_

Simple conversations can help a child attention span stay engaged the whole time of teaching.

8. TELL THE \_\_\_\_\_

Processing as we speak allows us to understand ourselves, and others better as we reflect on the situation. Jesus used stories all the time in parables. We as adults can often remember the truth Jesus was trying to teach of the story easier than if he just would have said it in one sentence. It engages a different side of your brain.

9. \_\_\_\_\_ THE WHY

Trying to understand why someone is feeling the way they are helps them FEEL FELT. Like we genuinely care about their emotions. It also helps us to figure out HOW to help them out of overwhelm

10. BE WILLING TO DO A \_\_\_\_\_

We all need to say sorry sometimes. We are a broken people. Empowering your kids to know that you as well make mistakes allows them to as well.

11. STOP SAYING \_\_\_\_\_

No one in the history of being told to STOP feeling a certain way has actually stopped feeling that way.

12. \_\_\_\_\_ IT TO \_\_\_\_\_ IT

Recognizing the emotion our child has and naming it allows them to become aware of that emotion.

13. \_\_\_\_\_ IT OR \_\_\_\_\_ IT

Physical activity makes for a happy brain!

14. ALLOW THEM TO \_\_\_\_\_

Mistakes are how we all grow

15. INCREASE THE FAMILY \_\_\_\_\_

Knowing how to have fun as a family can make you connect on many happy emotions and help them process negative ones.

Matthew 7:12

So in everything, do to others what you would have them do to you, for this sums up the laws and the prophets.

Spend some time thanking Jesus for His grace and patience with you.

---

---

---

---

---

Think of a time when you were in overwhelm or struggled with something and someone made you feel felt. How did that feel?

---

---

---

---

---

---

---

Think of situation that consistently puts your child/husband in overwhelm. Spend some time thinking about what it would be like to be in their position. Ask God for a strategy for you to use in the situation next time. Write it down.

---

---

---

---

---

---

---

Is there anything else that God wants to say to you as a mom today?

---

---

---

---

---