



THE 5 C'S OF EFFECTIVE DISCIPLINE

RESOURCE

Creating a system of rules based on your values will help your children understand what you expect of them and what will happen if they behave inappropriately.

CLEAR

The rules must be known, precise and easy to understand, in accordance with the child's age.

COHERENT

It's important for parents to be coherent in what they say and do. That's why parents should come to an agreement beforehand and respect the rules agreed upon together.

CONCRETE

The expected behaviour must be specifically identified.
How, when and where?

CONSEQUENTIAL

Apply a consequence directly linked to the behaviour. Consequences can be positive or negative. The important thing is that they are coherent and proportionate to the behaviour.

CONSISTENT

Today, tomorrow and every other day, you must carefully maintain the rules.



-  *Avoid "Don't" rules. Use affirmative sentences.*
-  *Avoid creating rules in the heat of the moment.*
-  *Take the time to update your disciplinary system as your children grow.*
-  *Address unacceptable behaviours each time they occur and always in the same way.*
-  *The consequence must help the child or adolescent understand the impact that their actions have on themselves and others. It must be explained in such a way that helps them understand why they are being subjected to it and how they can avoid it in the future.*