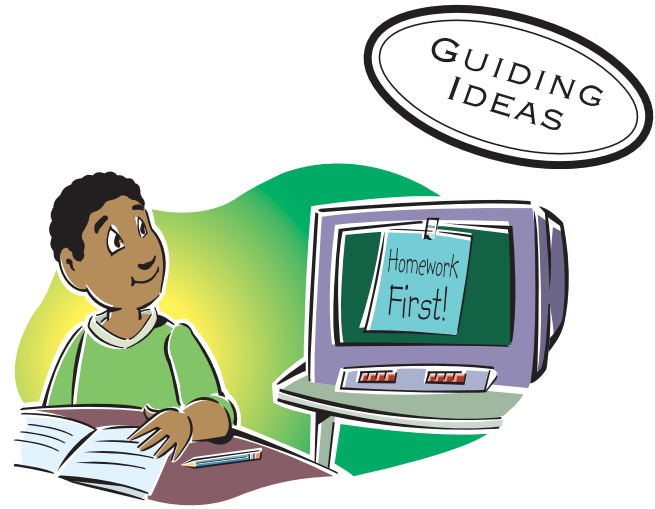


# You're the Parent & You Are In Charge

You are the parent and only you can decide how to carry out discipline in your own home. Include your child in discussions about rules. But then, you set the rules. Experts say that the secret of successful discipline is to be firm, fair and consistent. Here are some guidelines:

- **Be Firm.** As the adult, only you can establish the limits of acceptable behavior in your household. With loving firmness and authority, establish the rules and firmly enforce them. But be willing to listen. Allow your child to learn by experiencing the consequences of decisions.
- **Be Fair.** Your child has a keen sense of fairness and will accept nearly any rule if you explain the reason behind it— and if it is clearly fair.



- **Be Consistent.** Children need and want limits. They will test you to find those limits. You may say the rule is “No TV until homework is done.” But if your child can sometimes talk you into watching a program, the rule really is, “No TV—unless you can talk me into it.”

**Firm, Fair & Consistent**

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