

**Effective discipline should be couched in a warm, nurturing parent-child relationship. It is a long-term investment in teaching your child your values. It is not “kid control”. What follows are...**

***Dr. Kalikow's 20 Commandments of Discipline***

1. Start early. Set the groundwork when your child is young.
2. Parents should support and respect each other...regardless.
3. Accept your child's temperament, the biological roots of personality. Love who your child is, not who you want him to be.
4. Define your values. Demand them of your child. Practice them yourself.
5. Model good behavior. Your child is watching.
6. Be sensitive to what might be bothering your child.
7. Start with having your child's attention. Otherwise, you're whistling in the wind.
8. State your expectation. Say it clearly, simply and once.
9. Use a firm voice. Don't whine, plead or beg. Don't scream, holler or yell. Don't humiliate or insult. Would you listen to you?
10. State the consequence of your expectation not being met. Then make it happen. If you won't do it, don't say it.
11. Own your expectations and your consequences. Don't pass the buck to your spouse, the waitress, the shoe salesman.
12. Say your piece, then hit the road. Don't stick around for the battle. Disengage. You are not obligated to respond.
13. Discipline your child face to face. Don't scream from afar. Don't send a sibling as a courier with a threat.
14. Discipline privately. Don't embarrass your child.
15. Stick to the original issue and resolve it quickly. Don't get sidetracked.

16. No disclaimers. Don't say, "I'll let you..., but I won't like it."
17. Let go of undeserved guilt. If you're guilty, apologize.
18. Choose your battles. Not everything needs to be an issue.
19. Don't beat yourself up over your mistakes. Move on. You'll have plenty of opportunity to try again. Parenting is a long-term investment.
20. Ready for the finale? STAY CALM. (Yeah, right!)