

# See How Much You Have Learned!

Place a check in the appropriate blank.

True

False

1. Sharon, age 4, wants to stay up and watch an adult movie on TV which starts at 9 p.m.. Mother says, "This movie isn't for children, and you need your sleep. You will be tired tomorrow, but you decide."

\_\_\_\_\_

Mother is using a permissive style of discipline.

2. Bryant, age 6, is late for dinner. Father said, "You know you are supposed to be home at 6 p.m. No TV tonight for you."

\_\_\_\_\_

Father is using a strict style of discipline.

3. Terri, age 5, forgot to empty the wastebasket. Mother said, "Terri, it is your job to empty the wastebasket this week."

\_\_\_\_\_

Mother is using a moderate style of discipline.

4. A child who seeks attention is a spoiled child.

\_\_\_\_\_

5. When children make mistakes, they should be scolded and told how "dumb" and "no-good" they are.

\_\_\_\_\_

6. It isn't necessary to tell children we love them because they already know it.

\_\_\_\_\_

7. A child's health has nothing to do with the way he behaves.

\_\_\_\_\_

- 7. F
- 6. F
- 5. F
- 4. F
- 3. T
- 2. T
- 1. T

# Practice Exercises

1. Study the three styles of discipline and decide what kind you use. Probably you use one style at one time and another style on a different occasion. Or perhaps you are half-way between two styles. Think about the kind of discipline styles you would like to have.
  
2. Observe your child for one week. Make a mental note of the styles of discipline you use when the child needs guidance. Ask yourself:
  - What did I say or do?
  - How did I feel afterward?
  - How did the child feel?

# A Record of my Discipline Actions and their Effects\*

Complete one week after studying Lesson 1.

Check the blanks that apply to you.

1. The way I usually discipline:

\_\_\_\_\_ Yell and scream

\_\_\_\_\_ Isolate

\_\_\_\_\_ Explain reasons calmly

\_\_\_\_\_ Spank

\_\_\_\_\_ Remove privileges

\_\_\_\_\_ Let the child experience the consequences

\_\_\_\_\_ Give choices

\_\_\_\_\_ Threaten, but don't follow through

\_\_\_\_\_ Show disapproval

\_\_\_\_\_ Distract

\_\_\_\_\_ Ignore misbehavior

\_\_\_\_\_ Scold

2. During the past week, I:

More

Less

About the same

Acted calmly

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Acted firmly and kindly

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Used kind words, not unkind words

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Gave choices and let the child learn from the consequences

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

3. The atmosphere in our home has changed to one of:

More

Less

About the same

Friendliness

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Cooperation

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Understanding

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Confusion

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Fun

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Hostility

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Tension

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\*Adapted from Practical Education for Parenting by Kent G. Hamdorf, Extension Specialist, Human Relations Family Development, Ohio Cooperative Extension Service, 1978.