

Discipline...it's more than my way or the highway

By Seth W. Caton, Outreach & Recruitment Specialist

"A father is worth more than a hundred school teachers," according to an Old English proverb.

Have you ever thought of yourself as a teacher? Indeed, you are a teacher, and your students are your children.

This is not a new concept. The word *discipline* comes from the Latin word for "systematic instruction" (*disciplina*) and is similar to the Latin word for "student" (*discipulus*).

Historically, a student of a teacher (think Plato, for example) would follow the teacher wherever he went, with the goal of learning the teacher's wisdom but also to learn the morals, values, and behavior patterns of the teacher.

The ultimate goal of the student was to be an equal of the teacher - to someday know everything the teacher knew.

The teacher's job was to encourage growth and challenge the student daily.

This is what discipline should mean to us and our children today but it's easy to confuse discipline with punishment.

The teacher probably didn't follow his students around to monitor and manage their behavior.

So how does this relate to you? It does in two ways:

1. You want your kids to make good choices in life. If you're just punishing



your kids for doing things wrong, you're really missing the boat.

Discipline is not just about teaching consequences. It's about showing your kids the right thing to do, and showing them how YOU do it.

2. Your children will copy both your good and bad morals, values, and behavior patterns. If you always brush your teeth, go to bed early, and eat well, your children are more likely to do the same. However, if you smoke, drink, stay out late, and don't exercise, your children are statistically more likely to copy that too.

So get out there, do the right thing, make good choices and let your children see you doing it.

Looking for more great discipline advice?

Web sites, newsletters, articles, and more...

There are some really good Web sites out there. Here are a few:

1. Identify types of misbehaving and why kids act in those ways:
<http://www.disciplinehelp.com>
2. Learn more about positive discipline by signing up for their e-mail newsletter:
<http://www.positivediscipline.com>
3. About.com has loads of good, entertaining articles:
<http://childparenting.about.com>
4. This site has tons of info about discipline, child development, and more:
<http://kidshealth.org>

Free stuff to do!

Questions? Call us at 724-437-2590 x322.

Dad 2 Dad class

Starts Wed., Apr. 27: Private Industry Council, 219 Donohoe Rd., Greensburg

Become a more confident, involved, and loving father in just six 2-hour sessions. Get up to \$100 in Sheetz or Walmart gift cards (plus an official Dads Matter t-shirt) when you complete the class! Call 724-437-2590 to register!

The Zoo Crew (Family Literacy)

Tue., Apr. 5 - 5:30-7pm

Private Industry Council, 219 Donohoe Rd., Greensburg

Free family reading night and presentation by the Carnegie Science Center! Plus, each family gets a copy of the book! For more info and to register, call the Private Industry Council at 724-836-2600.

Crunch and Munch a Bunch of Bugs (Family Literacy)

Wed., Apr. 20 - 5:30-7pm

Private Industry Council, 219 Donohoe Rd., Greensburg

Free family reading night and presentation by the Carnegie Science Center! Plus, each family gets a copy of the book! For more info and to register, call the Private Industry Council at 724-836-2600.

Spring Has Sprung (Family Literacy)

Thu., May. 5 - 5:30-7pm

Private Industry Council, 219 Donohoe Rd., Greensburg

Free family reading night and presentation by magician Steve Haberman! Plus, each family gets a copy of the book! For more info and to register, call the Private Industry Council at 724-836-2600.

DAD 2 DAD

FREE CLASS FOR DADS

Be a more confident, involved and loving father in six 2-hour sessions. When you complete the program you'll get up to \$100 in gift cards plus an official Dads Matter t-shirt!

- Learn discipline that works
- Understand yourself & your kids
- Boost your confidence
- Communicate better
- Get more involved
- Deal with anger issues
- Build up your fathering skills

CALL TO SIGN UP FOR FREE

724-437-2590 X322



480A Coolspring Road
Uniontown, PA 15401



Dads Matter is a program of the Private Industry Council of Westmoreland/Fayette, Inc.

It's only **six**
Wednesday nights!
5:30PM - 7:30PM

Starts Wed., Apr. 27

Private Industry Council
219 Donohoe Road
Greensburg, PA

(same road as Goodwill and Best Buy)

Call Dads Matter for more class dates and locations!

Mission Statement: "Dads Matter of Fayette County's mission is to enable fathers to improve their relationships with their children; improve parenting skills; and help fathers overcome barriers that often prohibit them from being effective and nurturing parents by providing them with training and learning opportunities."
Eligibility & Corporate Info: (1) These services are available to all eligible persons, regardless of race, gender, age, disability, or religion. (2) Dads Matter of Fayette County is a program of the Private Industry Council of Westmoreland/Fayette, Inc. Participation in Dads Matter of Fayette County is FREE and strictly voluntary. (3) The Private Industry Council of Westmoreland/Fayette, Inc. is a 501c3 non-profit corporation headquartered in Greensburg, PA.
Funding Info: (1) Funding for this project was provided by the United States Department of Health and Human Services, Administration for Children and Families, Grant: 90FR0075/05. (2) Any opinions, findings, and conclusions or recommendations expressed in this material are those of the author(s) and do not necessarily reflect the views of the United States Department of Health and Human Services, Administration for Children and Families.

The Dad Difference

April 2011 Newsletter

FREE NEWSLETTER FOR DADS

THIS MONTH: DISCIPLINE...IT'S MORE THAN "MY WAY OR THE HIGHWAY"

NEW **FREE CLASS FOR DADS** -- MORE INFO INSIDE!

GREAT WEB SITES WITH DISCIPLINE TIPS

FREE STUFF TO DO IN WESTMORELAND COUNTY



A free publication of



Find us on Facebook

www.facebook.com/dadsmatter

