

Discipline That Lasts a Lifetime, by Dr. Ray Guarendi

.....:Chapt. 1

- 15 **Why Discipline?** Discipline makes me feel mean.
- 18 The Will to discipline - **Discipline is hard for me to do**
- 20 Change of Life – **Is it too late?**
- 22 Reversing Directions - **Change all at once? or gradually?**
- 25 Discipline is good for the nerves - **Do children want more discipline?**

.....:Chapt. 2 - Discipline, Love in Action

- 29 Too many of a good thing – The “Experts”
- 32 Prescription Parenting - **Psycho*babble**
- 34 Do mistakes make maladjustments? - **The fear of making child-rearing mistakes**
- 38 **It ain't over til it's over**
- 41 A Healthy Fear – **Should children never fear you or fear discipline?**
- 43 The Spirit isn't weak – **High-spirited-children**

.....:Chapt. 3 Acting Not Yakking

- 47 **Talk** – it's cheap!
- 50 **If then-ing**
- 53 Word Storms - **Lectures**
- 56 They won't listen unless I get mad - **Yelling**
- 59 Kid Logic - **Arguing**
- 61 Asking for Trouble – **Asking vs. Telling.** Negotiable-parenting
- 64 Whys aren't always Whys - **“I don't know.”**

.....:Chapt. 4 Discipline – The Basics

- 69 On being **Consistent**
- 72 Playing the odds – **more on being consistent**
- 74 Keep on **Persevering**
- 76 **Changing our minds**—a parent's prerogative
- 78 Misbehavior and Misbelief – **Staying calm & 3 misbeliefs about misbehavior**
- 81 Lengthening your fuse – **100% anger-free child-rearing. Ha!**

.....:Chapt. 5 - Discipline – Multi purpose Consequences

- 85 **KISS** – Keep it **SHORT** and **SIMPLE.** **Sit in Corner & Writing**
- 88 **Time out** Time
- 91 Lots of Room - **“Room Time”** for elementary age and older
- 94 To write is right – **Writing**
- 98 **Rules of the House** – 1) Parents agree 2) For recurrent behavior 3) Automatic
- 100 **Blackout** – Complete shutdown of all privileges & benefits
- 104 Spare or Spoil – **Spanking**
- 108 Discipline Delegating – **Giving kids a say in consequences?**

.....:Chapt. 6 Discipline and the Nature of Kids

- 111 No End in Sight – **Do children ever stop misbehaving?**
- 113 The second most powerful factor - **Temperament**
- 116 The flesh is willful – **Strong willed children?**
- 119 Balancing the discipline scale – **Disciplining one child more than the others**
- 121 The Terrible Whats – **Myths of “terrible twos” & other age-phrases**
- 124 Life's a Stage – **Myth of “Stages”**
- 126 The Look of Discipline – **Quiet Authority.** “The Look.” Willingness to back up the “warning signals”
- 128 Of **Diet** and Defiance

.....:Chapt. 7 Misbehavior in Word

- 132 Words without End – **Nagging**
- 134 Days of Whine and Roses - **Whining**
- 136 I'm Ba-ack – **Interrupting**
- 139 The Juvenile Inquisition – **Endless Questions**
- 142 A Cure for **Tattling** – hear no evil
- 145 The Appeals Process – **Going back and forth between mom & dad**
- 147 Deft Denying Act – **Lying and Denying**
- 152 Boring me to tears - **“I'm Bored”** responses
- 155 Cutting back **back-talk**
- 162 With respect to feelings – **Rules for “Open Communication”** and expression of feelings

.....:Chapt. 8 Misbehavior in Deed

- 165 To pooped to pop – **Potty training**
- 168 **Tantrums** – normal? Abnormal?
- 173 Lost during the storm – kids **losing temper.** Primary and secondary purpose of Discipline:
- 175 **Bedtime** badtimes
- 179 **Meal** Ordeals
- 182 The Separating Peace – **Trouble Separating**
- 185 Nothing to toy with – **Picking up Toys**
- 188 **Wardrobe** Wars
- 189 **School Phobia** or What?
- 193 **Car** Trouble
- 197 The get-busy signal – While parent is on the **Phone**
- 199 **Sibling Quibling**
- 204 Sibling Mismatches – **Sibling Bullying**
- 206 Sibling Self-Solutions – **Stay out of sibling conflicts?**
- 208 Labor Relations with Children - **Chores**
- 213 **Underachievement** – School Problem #1
- 219 After School Discipline – **Parental influence at school and with teachers**
- 221 A Kids Room, no place for a house – **Standards & Cleanliness for kids' rooms**
- 224 For Whom the Bells Toll – **Telephone** Etiquette and Rules
- 228 All's fair in Love, War, and **Curfews**
- 233 **Pick Your Battles**
- 236 Statute of Limitations – **Timing of Discipline.** Immediate? Delayed?

.....:Chapt. 9 – Reacting to Discipline – A Kids Handbook

- 239 Don't discipline me, **I won't like you**
- 241 **Laughing** in the face of discipline
- 244 A Sorry state of affairs – Kids who say “**I'm sorry.**”
- 246 **You don't love me** – NOT!
- 248 Selective Hearing Loss – “**I didn't hear you.**”
- 250 Juvenile Memory Deficit - “**I forgot.**”
- 252 Just trying to cloud the facts, ma'am – **Excuses & “buts”**
- 255 Apathy – kids work at it - “I don't care.”
- 257 The Unfair Parent – “**That's not fair.**”
- 260 **Parent Comparing**
- 262 After all I've been for you. “**You should be grateful!**”

.....:Chapt. 10 – Disciplining Against the Flow

- 265 Good grief!
- 268 **Strictly Speaking** – **Can a parent be too strict?**
- 270 **Rebelling** without a cause. **Can “too strict” lead to rebellion?**
- 273 Generating **Generational** Tension – **Grandparent opinions**
- 275 **Material** Discomforts – **Too much stuff**
- 281 A Stream of **Stuff** – **Everyone gives kids something everywhere they go**
- 283 Friendly Persuasion - **Friends**
- 285 Old – Young - **Wanting to be treated older than their age**
- 287 **TV** or not TV
- 289 A Room with a View – **TV in bedroom**
- 292 Good by Comparison – **Comparing Standards**
- 294 The Right to **Privacy** -
- 297 Forced Contact – **Teens not wanting to be with parents**
- 300 Date and Age - **Dating**
- 302 Preaching more than you practice - “**Do as I say, not as I do.**”
- 304 One last time - **NINE Core Truths about Good Discipline**
 - 1. Discipline is love in action.
 - 2. Good discipline is grounded in good sense.
 - 3. Good parents make mistakes, lots of them, and learn from them.
 - 4. Strong discipline isn't complicated.
 - 5. Discipline is action, not talk.
 - 6. All discipline interacts with a one-of-a-kind object: a child.
 - 7. Kids are wired to misbehave.
 - 8. Humans resist discipline.
 - 9. Good parents are misunderstood.