

Northern Frontiers Mediation & Counselling

Effective Discipline – A Programme for Parents



Northern Frontiers offers a four-session educational counselling programme for parents and care-providers. Our Senior Counsellor and Parenting Consultant, Melinda Bailey, believes the foundation of effective parenting is Trust and Respect. Melinda takes a practical, protective approach to discipline - one which involves asking questions about techniques used in the home and counselling parents and care-providers about the purpose of discipline whilst discouraging all forms of physical punishment and emotional abuse.

Programme Outline



Intake and Assessment

- Family details including age and developmental stage of each child.
- What is the parent's understanding of and attitude towards discipline?
- Parenting style
- What types of discipline are used by the parent?
- Difficulties arising from disciplinary action used by the parent?
- Is the parent experiencing any life stressors and if so, how are they managed?



Defining Discipline: a process whereby parents/care-providers impart knowledge and provide behavioural guidance by setting limits and imposing consequences – thereby instilling the foundation for self-control by the child. Often confused with punishment and control by the parent/care-provider.

Characteristics of Effective Discipline

- Carried out by an adult who has a close bond with the child
- Age and developmentally-appropriate
- Timely – carried out at the time of the act requiring change
- Understood and considered fair by the child
- Enhancing – conducive to self-discipline by the child



Reasonable Rules and Realistic Consequences

- Knowledge of age-appropriate behaviours and developmental needs
- Make age-appropriate statements of achievable behaviours
- Frequent positive reinforcement of desired behaviours
- Make allowances for individuality and temperament
- Mean what you say - enforce consequences
- Be consistent and avoid arguing with the child
- Importance of being a good role model
- Prioritise rules – Safety first (the child's/parent's/other people and animals/property)



Types of Discipline

- TIME OUT and TIME IN
- Reasoning – anticipate and prevent undesirable behaviour
- Physical punishment – associated with negative child outcomes – parents to take time out before returning to discipline the child using non-violent means
- Tailored Discipline – Infants and Toddlers – Toddlers to School Age – Adolescents
- Review

* The cost of each session is \$110.00 and the duration is 60 minutes. 10% discount applies when paying for all 4 sessions at once prior to programme commencement.

PROFILE



Melinda Bailey

- Senior Counsellor
- Family Dispute Resolution Practitioner
- Parenting Consultant
- Bachelor Social Science
- Post Grad Diploma Family Dispute Resolution

Melinda has 20+ years counselling experience working with people from a broad demographic across a wide range of life issues.