



Breaking Through the Barriers to Effective and Healthy Discipline



Parenting and teaching children with ADD/ADHD has been likened to being pecked to death by ducks. No single peck is a big deal – rather, it's the seemingly relentless and never-ending nature of the problem that is often the cause of the stress, anxiety, frustration, fear and anger parents and caregivers often feel. The stress of parenting and teaching kids with ADD/ADHD usually can be lessened by understanding and managing the barriers to **Effective and Healthy Discipline**. These are described below:

The 6 Barriers to Effective and Healthy Discipline

1. Not disciplining until becoming "really mad:" This often happens when we wait too long before setting a limit or disciplining. One example of this could be the feelings parents experience when having to repeatedly tell a child to do something in order for the child to respond. The best way to prevent this is to set a limit when the behavior is small or after we have made the same request twice. The *Clear Requests* procedure we learned in Chapter 2 can really help with this.

Getting really angry in situations where you have to set limits on kids can often be a sign that *your* stress levels are getting really high. Some important tools for managing your stress are covered in Chapter 5.



(Continued)



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