



Ephesians 6:4

FATHERS, DO NOT  
EXASPERATE YOUR  
CHILDREN; INSTEAD,  
BRING THEM UP IN THE  
TRAINING AND  
INSTRUCTION OF THE  
LORD.

**Honor your father  
and your mother,  
so that you may  
live long in the  
land the LORD  
your God is giving  
you.**

Exodus 20:12

Hebrews 12:11

**NO DISCIPLINE SEEMS  
PLEASANT AT THE TIME, BUT  
PAINFUL. LATER ON,  
HOWEVER, IT PRODUCES A  
HARVEST OF  
RIGHTEOUSNESS AND PEACE  
FOR THOSE WHO HAVE BEEN  
TRAINED BY IT.**

## GROWING IN HIM COUNSELING

### Parenting and Discipline

Children, obey your  
parents in the Lord,  
for this is right.  
“Honor your father  
and mother”—which  
is the first  
commandment with a  
promise— “so that it  
may go well with you  
and that you may  
enjoy long life on the  
earth.  
Ephesians 6:1-3

There are many verses in the Bible that speak about disciplining kids. “Whoever spares the rod, hates their children...” (Proverbs 13:24). The rest of this verse goes on to say “but the one who loves their children is careful to discipline them.” This second part is crucial. We do not need to “beat” our children into submission, but we DO need to discipline them. Proverbs 22:6 states “start children off on the way they should go, and even when they are old they will not turn from it. It is imperative that we teach our children at a young age what is expected and what is right. This is much easier said than done. It takes intentional, consistent and loving discipline that tells a child you love them too much to allow them to misbehave. When we are consistent and set clear boundaries and expectations for our children, they learn how to be respectful, kind, compassionate, responsible people. They will, of course, test these boundaries to see if you *really* mean what you say! Just as we test our boundaries with the Lord!

#### Discipline effectively without entering a control battle

Children LOVE to debate and they learn the word “no” at a very young age. They are trying to understand the world around them, know where their limits are and who they can trust. When we offer choices to our children, we are giving them a little bit of responsibility while maintaining authority and ultimately control of the situation. “Do you want to go to bed now or in 10 minutes?” or “Do you want to finish your chores before or after dinner?” are examples of controlled choices. Some kids will suggest option ‘C,’ none of the above; in which case you can respond with “That is not an option. You can either choose, or I can choose for you.” Additionally, allowing for natural consequences to teach for you is very effective. For example, you might say, “It is 20 degrees outside and I am going to wear a coat. Do you want one?” If the child says no, you can allow them to feel the cold air when they go outside. Rather than responding with an “I told you so” when they say they are cold, respond with genuine empathy. “I get really cold when I don’t bring a coat also. I am sorry you are cold, but you can get a jacket next time.” The empathy sends home the message that you care and the natural consequence teaches them what being cold is really like. Win Win!

## Tips for Using Natural Consequences

The tips below are based on the book

“**Parenting with Love and Logic**” by Foster Cline and Jim Fay

**Be consistent with your empathetic statement.** When your child makes a mistake, it is crucial that you respond with empathy first. Pick an easy statement and use it empathetically, not sarcastically, every time. “Oh Bummer,” “Hmmm,” “Ohhhh” are statements that are easy to remember and work well.

**Don’t let your anger get in the way.** Knowing that your child will make a mistake and expecting them to do so will help you remain calm. Remember all mistakes are opportunities to learn a lesson. If you are angry, calm yourself down *before* you respond.

**The more words we use when our kids are acting up, the less effective we become.** Keeping it short and sweet keeps the debate to a minimum. “I love you too much to argue” works really well. Give short instructions and then walk away allowing your child to make the decision. Follow through with consequences *every time* and your child will quickly learn from their mistakes.

**Wise parents never reason with a child who is drunk on emotion.** People who are upset, scared, anxious or angry are unable to process information rationally. Encourage them to take a break and calm down and ensure you will be available to talk to them once they have. This teaches them self control and emotional management!

**Letting them fail when they’re younger has a less costly price tag than when they’re older.** Children who learn there are consequence for their actions will learn to think before acting. A time out, missed game or play date is minor compared to jail time or drinking and driving and hurting someone when they are older. Follow through with consequences that match the mistake along with heartfelt empathy and your child will learn they are responsible for their actions.

**Great parents describe the limit once...and follow through with actions instead of words.** Tell your child what you expect them to do or not to do along with a simple explanation of the consequences for their behavior and then let them decide what to do. Rather than a long lecture following the behavior, simply say “bummer,” or “uh-oh” and deliver the consequence. Remember consequences are neither good or bad, they just are. The consequence for going to work everyday and completing your job is that you get a paycheck. Not showing up or not doing your job well means you might get fired. Both are consequences for your actions.

EMPATHETIC AND  
COMPASSIONATE  
GUIDANCE THROUGH  
THE HOPE FOUND IN  
JESUS

### Counseling:

We offer individual, group and couples counseling for ages 6 to adult.

**Cost:** \$130/45 min session

Private Pay Only

### Areas of Concern:

- Anxiety/Depression
- Trauma
- Grief and Loss
- Anger Management
- Marriage and Family
- Life Situations/Crisis

### Counselors at Pinecrest!

Tanya McCrea, LCSW

Brooke Bullock, LPCC

CONTACT  
TANYA MCCREA, LCSW

[GROWINGINHIM.ORG](http://GROWINGINHIM.ORG)

720-507-5761

SCHEDULE AN APPT  
VIRTUAL AND IN-PERSON  
SESSIONS