

Exercise #1.1

Take a few minutes to list some of the times you remember misbehaving as a child and how your parents responded to you.

Misbehavior	Parent's Response
1. _____	1. _____
2. _____	2. _____
3. _____	3. _____
4. _____	4. _____

Now list some of the things your own children do that you dislike. Then write down your own responses.

Misbehavior	Parent's Response
1. _____	1. _____
2. _____	2. _____
3. _____	3. _____
4. _____	4. _____

Do you see any similarities?

Often, the way we tend to discipline our children is based largely on how our own parents disciplined us. This is normal. However, some parents may find that there is an opportunity to move away from punishment in favor of Appropriate Teaching instead.