GOAL 37.0 **How To Discipline Children Without Feeling Guilty**
Goal 37.1 A Process.
Goal 37.2 Making Decisions About Your Children.
Goal 37.3 Undisciplined Parents Will Have Undisciplined Children.
Goal 37.4 Games Between Parents and children
Goal 37.5 Parental Agreement And Disagreement
Goal 37.6 Punishment
Goal 37.7 Steps in Establishing Rules and Limits
- How to observe Your Children at Home
- How to Analyze a Problem
- How to set a Rule
- The Importance of Being Consistent
Goal 37.8 Some examples of Rules
Goal 37.9 Limitations on the process
Goal 37.10 There are Some Children for Whom Rules are Not Appropriate
Goal 37.11 The Star Chart
Goal 37.12 Rewards for Star Chart Performance
Goal 37.13 Adolescents
Goal 37.14 Teaching the Child to Be Responsible
Goal 37. 15 Additional Material
Goal 37.16 A. Questions to Ask Yourself When Analyzing a Problem
Goal 37.17 B. A Sample Star Chart
Goal 37.18 C. The Problem I'm Having with My Child: A Checklist
Goal 37.19 D. Chores Your Child Can Do: Reference List