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