

Recognizing that your child has the power to learn how to take responsibility for their thoughts and actions is at the heart of discipline and power struggles. And while power struggles with kids are nothing new, they are intensified in the network culture which conditions us and our children for authority as a relational experience, rather than a matter of title or formal role.

And expressing authority as a relational experience requires **spiritual authenticity** that honors **free will** as God does by engaging the child with a mindset to govern the home, not the child. It means that we recognize God's sovereignty over the life of an individual, who grants individuals free will which is power that can never

be taken but can easily be surrendered.

Parenting free will then is the taking charge of our own intellect and will to resist the temptation to seek control over the things that are not our domain - namely our children's thoughts and actions. Yet in our power consumer society the temptation is great to violate the child's power boundary and assume responsibility for how they feel and their lot in life. This is the entitlement mentality that emerges when we are not operating with a mindset of good faith. Believing the wrong things, we give up power to the idols of our day: money and pleasing people, edging God out of the equation in governing our relationships in private and public life.

## DISCIPLINE AND POWER STRUGGLES

How to gain the skills needed to reduce power and discipline struggles in your relationship with your child. Recognize and overcome the entitlement mentality of today's culture. This material is applicable for all ages.  
 Featured Speaker: Peggy Harper Lee  
 (Author of "Spoiled: Fresh Ideas for Parenting the Entitled Child at Any Age")



TUES. OCT. 21, 2014

6:30 - 8:00 PM

and again on

WED. OCT. 22, 2014

10:00 - NOON

at

St. Joseph Marelo Parish

Rooms 4 & 5

7200 Auburn Folsom Rd.

Granite Bay 95746

All trainings are secular, free admission to the public. For questions or more information on upcoming parenting events, contact SM Parenting Minister Chair, Joanna Jullien at 916-921-7203 or jllien@surewest.net

*To discipline with spiritual authenticity is to lead your child to choose learning life skills that emanate from the heart of God who offers hope & compassion for humanity.*

### “Spare the rod, spoil the child”

Whoever spares the rod hates their children, but the one who loves their children is **careful to discipline** them. Proverbs 13:24

In Scripture ...Used metaphorically, therefore, rodlike discipline (a) emanates from a legitimate authority, (b) is consistent and true (it does not waver), (c) separates right behavior from wrong behavior, and (d) establishes boundaries and compels action or change. Taken together, the reference is clearly to leadership.” John Rosemond, *Parenting by The Book: Biblical Wisdom for Raising Your Child* (2007)pp.214-215

## Use the “clean slate rule” to overcome shame

John 4:24 tells us that God is a Spirit and we must worship Him in spirit and in truth, which cannot happen when we allow shame to govern our mindset for establishing house rules and consequences. Shame is a criminal mindset that inspires us to hide from the truth.

Putting aside the shame and pursuing the truth is an important principle for effective discipline of children, because so often parents are not aware that they are bringing shame into their relationship with their child. It is a crime and punishment mentality that corrects through condemnation, not redemption. It keeps us from bringing the wrong thinking and behavior before

the Lord so our children can learn to stand corrected in a transparent and safe environment.

It is true that under the right circumstances and the wrong thinking, we and our children are capable of anything. And so shame naturally happens when life's experiences result in a feeling of disconnect from the grace of God; shame can be inspired by being attacked or from the consequences of our own actions.

So our children do not need help experiencing shame; they need help learning how to stand corrected and choose to put aside the shame and change their minds and their ways—as Jesus leads us. This is why it is so important to mete out consequences for incorrect thinking and actions with a merciful and hopeful heart.

**Tip:** Consider having a “clean slate rule” in your home that declares you will not keep track of your child's poor choices. Don't keep reminding them about their transgressions. Once a consequence has been experienced, they get a fresh start that signals your confidence in the Lord and our child to learn to use their free will wisely.

And if you experience a pattern of poor choices, it is a signal that there is something more you need to learn about your child. Pray for it to be revealed and seek professional help if necessary. The main thing is to always posture your own heart and mind from the standpoint of the mind of Christ, with the confidence of God's promise to work all things to the good for the faithful (Romans 8:28)

## Parenting Ministry

St. Joseph Marelo Catholic Church 7200 Auburn Folsom Road, Granite Bay, CA 95746 916-786-5001

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# Dealing with discipline and power issues

How to be responsible and not at fault

## *Know thy self.*

### *Discipline and power issues start with the parent.*

**Here is the hope.** Entitled children are the products of our own making, and this means that we can be responsible by teaching them differently; it means we need to change our way of thinking. In short, we need to be the change we want to see.

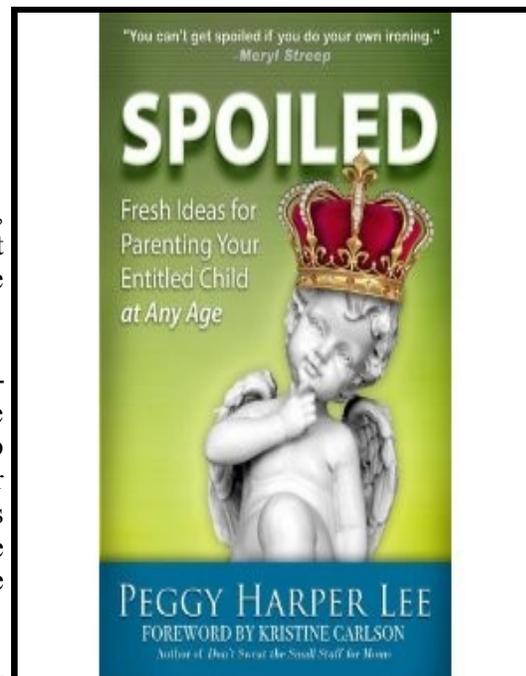
**How do you feel about your power?** “The truth is that the power in a parent-child relationship is naturally yours, your child wants it, and if you give it to him he will be unable to use it to his own good... If you don’t want to be a spoiler parent, you need to understand that you have the power in your parent-child relationship. You are older, wiser and more capable, and it’s absolutely right and necessary that you have the power. (p.93) You have the power to govern the home and teach your child how to be responsible for their own lot in life.

**What children need.** Our children need us to be in charge, to retain our power and to be disciplined parents...(p.100)

**Be the Rock.** Be stable, firm, consistent and present...your child needs you to be a rock to feel secure. So your child will be testing you to be the rock, and the best way to respond to testing of limits is to remain calm and consistent and convey discipline with love, that is clear and unmistakable.

**Dealing with loss of a united Front.** Children can sense a power breach between authority figures (other parents, grandparents, step parents), and so the united front is important to help the child receive direction on expectations and consequences at home. If you are in a situation with a blended household or a single parent with “spoiler” co-parents, here are some tips to help your child get past the power breach:

- Recognize the differences of expectations with your child. Don’t act like they don’t exist.
- Be clear that in your house, it is your rules. Better some structure and discipline in one home than not at all.
- Never, ever criticize the other parent. It inspires resentment and causes the child to feel the need to defend the parent being criticized.
- Find common ground. Look for areas where you agree with the other parent and make sure your child knows that you support each other in those areas.
- Encourage your child to take personal responsibility to honoring the expectations you have set. Help your child experience empowerment by doing what is necessary, such as homework, without being told to do so by the other more permissive parent. (pp.70-71)



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*The opposite of being responsible, entitlement is a belief that one is inherently deserving of privileges or special treatment.*

“To educate is to enlighten the mind and warm the heart to the love of God.” — St. Joseph Marelo