ULTIMATE GOAL OF DISCIPLINE

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Flexibility is one of the vital keys to discipline as children grow. Parents must be ready to modify their discipline approach over time, using varied strategies as their child develops greater independence and capacity for self-regulation and responsibility.

The foundation for discipline is laid down in the early years. During the primary year of life, as parents establish a trusting relationship with their baby, they set the climate for parent/child interactions through the years. Sometime from the first to second year of life, the individual previously thought of as a baby suddenly burst onto the scene as a full-fledged person with very specific wants and needs. As toddlers begin to maneuver around, they test their independence, and that they got to be helped to know what's safe, what they will and will not do.

Focused with their own needs, toddlers are not concerned with the interests of others. Since they do not yet understand the idea of consequences, parents should not go for their whims; a gentle but firm “NO” is important. With the explosion of latest skills-talking, walking, and others - toddlers may appear to know the principles and may understand reasons sometimes, but they're not yet really to control their actions.

Preschoolers understand rules, and their behavior is directed by these rules and their increasing awareness of consequences of their behavior. As children reach school age, they understand the explanations for rules; the principles become internalized and are amid an increasing sense of responsibility of self-control.

Most school age children are sensitive to the idea of fairness and justice and are ready to analyze and weigh the requirements of others as they create decisions. During
adolescent period, the individuals become accountable for their own behavior. Establishing self-control may be a process which develops gradually, and therefore the ultimate goal of discipline is to assist children build their own self-control.

References: