



building CONNECTIONS

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Candace L. Chellew
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Discipline

:30

Announcer Intro: Here's Professor Matthew Sanders with some tips on good parenting.

Matt Sanders: Discipline helps children to accept necessary rules and limits and to develop self-control. Assertive discipline involves being consistent, acting quickly when children misbehave and teaching children to behave in an acceptable way. Use a firm, calm voice when disciplining your child. Raising your voice only teaches your child that you shout to get your way.

Announcer Outro: You've been listening to Professor Matthew Sanders, from the University of Queensland in Australia, founder of the Triple P- Positive Parenting Program. Learn more about Triple P in your area at tpinfo.sc.edu.

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Taking care of yourself as a parent

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Matt Sanders: Being a good parent does not mean that your child should completely dominate your life. If your own needs as an adult are being met, it is much easier to be patient, consistent and available to your child. Here are some ideas to help you look after yourself:

- balance work and family commitments
- have realistic expectations of yourself at work
- and get support for your parenting from your partner or family

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- balance work and family commitments
- be prepared to reduce unnecessary commitments
- have realistic expectations of yourself at work
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Parenting is easier when parents' personal needs for support, companionship, intimacy, recreation and time alone are being met.

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