



Self-discipline

If you don't control what you think, you can't control what you do.

Dear Parents,

In August, we will talk about the importance of exercising self-discipline, and the four key ingredients that must be present in order to allow self-discipline to flourish and exist in our lives. Our world is full of hectic schedules, high-tech gadgets, and a culture of immediacy

making it harder for parents to teach kids the value of self-discipline and self-control. Students will learn why self-discipline is so important and the steps to cultivate good decision making while developing the value of patience.

Self-discipline means taking ownership, accountability and responsibility for our behavior. It is one of the most important qualities we can help our children learn. In an age where kids are bombarded with temptations and advertisements daily, there are a few steps parents can take to help their children learn the importance of self-discipline and self control.

1. Start by setting and maintaining consistent limits. Children need set boundaries and need to know that their parents will do what it takes to keep them safe. As they grow up, they integrate these limits into their own self-discipline while developing their own set of rules and consequences for their actions.

2. Pay attention to your parenting style. Parenting styles make a difference in teaching effective self-discipline. Evaluate your style to see if it is fostering an environment of accountability and responsibility in your children.

- Drill sergeant parenting – constantly telling kids what decisions to make and what their values should be. They bark out orders and expect their kids to follow exactly. Often, their children grow up needing someone to tell them what to do and say.
- Helicopter parenting – these parents hover over their children watching for when the children make a bad decision, then they swoop in to solve the problem. Their kids grow up believing they need someone to rescue them when things become difficult.
- Consultant parenting – these parents share their thoughts, but they don't tell the children what to do. Instead, they leave it up to the children to make the decisions to solve their own problems. Their strategy is to give their children the opportunity to make choices when the consequences are small and then let the children deal with the consequences of their decisions. Ultimately, this helps children develop healthy disciplined lives that understand the meaning of taking ownership and responsibility for their actions.

3. Allow your child to make the same mistake twice. Children learn by making mistakes. A lot of people have been raised to believe that good parents make sure their kids are always good; however, the result is that they micromanage their children and intervene rather than letting natural consequences take their course. Bottom line, children learn from their mistakes.

In today's competitive, fast moving world, children and teens can make big mistakes that have serious, even lifelong consequences. That's why self-discipline and self control are so important. As the parent, it is our responsibility to help guide our children to find and listen to that still voice inside – the one that reflects values, the knowledge to distinguish right from wrong, patience and sound reasoning.

August
2010
Theme
of the
Month

This month our
weekly lessons
will cover:

Week One:

"The first and best victory is to conquer self." – *Plato*

Week Two:

"Talent without discipline is like an octopus on roller skates. There's plenty of movement, but you never know if it's going to be forward, backwards, or sideways."
- *H. Jackson Brown, Jr.*

Week Three:

"Mental toughness is many things and rather difficult to explain. Its qualities are sacrifice and self-denial. Also, most importantly, it is combined with a perfectly disciplined will that refuses to give in. It's a state of mind – you could call it character in action." -*Vince Lombardi*

Week Four:

"We are what we repeatedly do, excellence then is not an act, but a habit." -*Aristotle*

**Master Tony Kook's
North Shore Taekwondo**

**2900 Lonsdale Ave
North Vancouver, B.C.**

Tel: 604-986-5558

**Call us today for a free
introductory lesson!**

www.northshoretakwondo.com

August 2010
Theme of the Month



© 2010 MMA, LLC. DORTMUND, IN