



**The McCusker  
Charitable Foundation**

## **Tip 18 – Discipline.**

As part of The Fathering Projects involvement with your school, I will be including helpful tips and ideas for all fathers and father – figures. I hope these tips will help, inspire and encourage all fathers and father – figures to be the best that they can be, as all fathers and father – figures are critically important in every child's life.

### **More involved fathers and father – figures = better outcomes for children.**

- Avoid the good cop bad cop trap.
- Don't avoid confronting poor behaviour or disciplining your children.
- Be a parent not a pal.
- Discipline is best given in an atmosphere of unconditional love and specialness.
- Determine the consequences jointly with the kids and then enforce what has been agreed.
- Liaise with your partner to agree on behaviours and house rules.
- Praise might be public but discipline in private.
- Ensure the kids have a set of jobs to do. Hold them accountable.
- Reinforce the value of team outcomes on sport, not individual glory (your child's and yours).

The Fathering Project is not a counselling service; we are seeking to inspire and equip fathers and father - figures to engage with their children.



If you would like more information about The Fathering Project, you can contact me:  
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