

## Ten Steps to Prevent Discipline Deficit Disorder

David Walsh, Ph.D.

1. Remember the goal is not to say no. The goal is to teach children how to say no to themselves.
2. Support, don't rescue.
3. Encourage, don't coddle.
4. Get kids what they need but not everything they want.
5. Back up teachers and schools.
6. Take charge of media and technology.
7. Have clear and high expectations.
8. Expect kids to do chores.
9. Set and enforce clear limits and consequences.
10. Expect kids to volunteer and help others.

