

Video 3: Responsibility & Discipline**The Purpose of this Video**

This “Video Library” version of the award winning program, *Active Parenting 4th Edition*, is designed for parents to view on their own or in groups. Leaders can use the following questions to facilitate a discussion for each video. Most of the questions are aimed at helping parents apply the information in the video to their own lives. Ask as many questions as time allows, and add or delete questions as needed.

Experience has shown that parents who also read the *Parent’s Guide* and complete the activities in the accompanying *Parent’s Workbook* will best be able to utilize the skills presented in the video.* However, when this is not possible, the *Active Parenting 4th Edition* Parent Handouts (available for download) will help parents retain what they have learned. Permission is granted to duplicate the Parent Handouts for this use and pass them out to parents.

Leading a Group Discussion**Introduction**

Introduce the video by asking a few questions, such as:

- ◆ Who can share a success they had at home this week using any of the skills we learned from video #2?
- ◆ The video we are about to see is about responsibility and discipline. Why do you think responsibility is such an important character trait to develop in our children?
- ◆ How do you feel about the way your own parents disciplined you?
- ◆ What do you think are some of the keys to effective discipline?

Video and Discussion

Play the video and follow with questions such as:

1. What did you learn or relearn from this video?
2. Why do you think children sometimes need discipline to learn to behave well?
3. The video makes the point that there are better discipline methods available today than spanking and other harsh forms of punishment. What are some of these methods?
4. Today we learned about using “I” messages. Let’s construct one together for a parent-owned problem that one of you is having with your child. (Use an example from the group.)
 “I have a problem with _____. I feel _____, because _____. I would like you to _____.”
5. What logical consequence could you use if the “I” message is not effective? Remember there are two types:
 Either/Or Choice: “Either _____ or _____. You decide.”
 When/Then Choice: “When you have _____, then you may _____.”
6. What did you learn about preventing problems through a family meeting?
7. What are some examples of topics you might use for a “problem prevention talk” at home this week?
8. What was the family enrichment activity for this week? Why is it important to “catch ‘em being good” and to encourage improvement?

Closing

You have a lot to practice this week, so be sure to read your *Parent’s Guide* and use your *Workbook*. Our next session is one you’ll find very encouraging. It’s called “Building Courage & Self-Esteem.” I look forward to seeing you then.

* You can order *Active Parenting 4th Edition Parent’s Guides* and *Workbooks* at www.ActiveParenting.com or by calling 800-825-0060.