

# Discipline to the Design of Your Child or Teen

Presented by Jody Capehart

## I. Prayer

## II. Discipleship: Instruction in Righteousness

- A. Hebrews 12:11
- B. Proverbs 6:23
- C. Proverbs 12:1
- D. Proverbs 19:20
- E. Hebrews 12:5,6
- F. Revelation 3:19



## III. Dedicate to God

## IV. Demonstrate the Love of Jesus

## V. Dominance of the Holy Spirit

## VI. Developmental Foresight

### A. Early Childhood: Child Development Rules!

- 1. Even Years
- 2. Odd Years
- 3. Disequilibrium Cycle

### B. Trivium Model

- 1. Grammar Stage: Elementary years (learning volumes of information)
- 2. Dialectic Stage: Middle School (debate, dialogue and dispute 😊)
- 3. Rhetoric Stage: High School (refine, defend, and articulate)



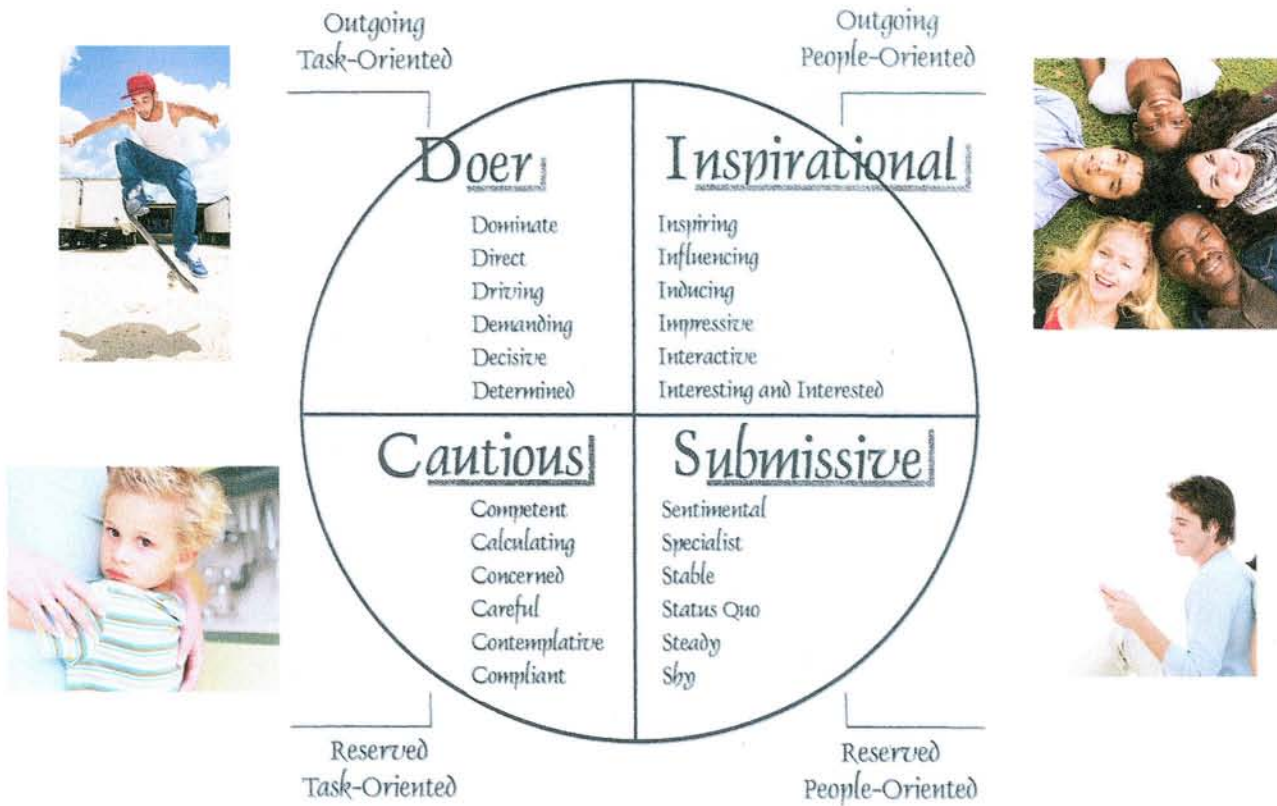
## VII. Differentiate between Childishness and Heart Issues

## VIII. Diligent in Planning Ahead

## IX. Demonstrate Unconditional Love



## X. Discipline by Design with DISC Model:



(Dr. Robert Rohm: [personalityinsights.com](http://personalityinsights.com))

While we are a combination of all 4, for purposes of discussion.



"D" Mom disciplines with: **decisiveness**

"I" Mom disciplines with: **humor** 😊



"S" Mom disciplines with **peaceful ways**.

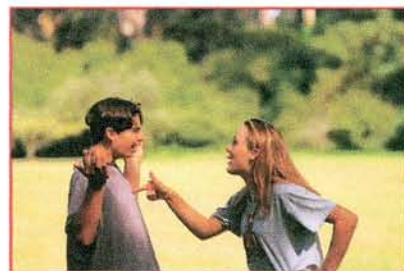
"C" Mom disciplines with: **high standards,**



## For Your Child and Teen:

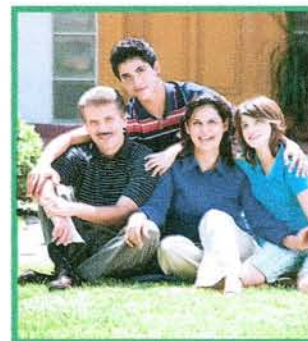
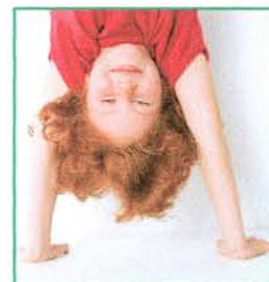
### **D**ISC (Choleric, Lion)

1. Driving
2. Demanding
3. Decisive
4. Natural Born Leader
5. Can be a 'Control Freak'
6. Dynamic Dan is a DOER and we discipline with:
  - a. "You may be IN CHARGE of..."
  - b. Choices: both within your perimeters
  - c. Never negotiate!
7. For Your Teens:
  - a. Recognize and affirm leadership gifts.
  - b. Do offer choices you can 'live with'.
  - c. Design a contract together.



### **D**ISC (Sanguine, Otter)

1. Measures the validity by the degree of "fun!"
2. Interesting
3. Invigorating
4. Influencing
5. Inspiring Ira wants to have FUN and we discipline with:
  - a. Humor and games
  - b. "I wonder if..."
  - c. Not letting them 'get off the hook' with just "I'm sorry..."
6. Your teen responds best when you...
  - a. Understand their need for friends and social life.
  - b. Talk and spend time together.
  - c. Realize their "love language" is often time.



### DISC (Phlegmatic, Golden Retriever)



1. Stable
2. Shy
3. Sweet
4. Stubborn
5. Sneaky
6. Steady Steve wants PEACE and we discipline by...
  - A. Gently moving in the perimeters.
  - B. Realizing he can be passive aggressive, stubborn and lazy when pushed too fast.
  - C. Noticing this child may do little things behind your back.
7. For your teens, remember:
  - a. They are often loners by choice, quiet and reflective.
  - b. Pray when they do something wrong, they will get caught *only* so they do not become desensitized to sin. (This is your "good" child, and rarely in trouble.)
  - c. Inspect what you expect but be upfront about it.
  - d. Don't come on too strong—they'll retreat.



### DISC (Melancholy, Beaver)

1. Conscientious
2. Competent
3. Careful, Compliant
4. May get *Paralysis of Analysis* if child can't do it perfectly right away
5. Conscientious Connie is a PERFECTIONIST and when we discipline we need to be:
  - a. Gentle, loving and encouraging
  - b. Realizing she gets stuck emotionally
  - c. He sees the glass "half-empty"
  - d. Reflect what the child *feels*.
6. For Your teens:
  - a. Reflect the feeling and not minimize what they are going through
  - b. This is not their best season of life—encourage them—they will get through this—it's a journey!
  - c. Take things seriously and realize they may need more of your time.
  - d. This teen may be more prone to depression and internal issues.



## XI. Define Your Basic System

- A. First offense: **tell** the rule
- B. Second offense: **ask** what the rule is
- C. Third offense: **appropriate consequence**
- D. Teens
  - 1. Discuss in a neutral setting at a neutral time
  - 2. Determine what is 'fair'
  - 3. Decide system and consequences
  - 4. Do write them out and both sign



## XII. Decide on the Rules You Need for Your Family

- A. When you want to talk and adults are talking, you may put your hand on their shoulder and wait patiently for eye contact before you say "Excuse me".
- B. When someone else is talking, you may be quiet.
- C. Respect other people's bodies; keep your hands and feet on your own body.
- D. Expect manners
- E. Encourage and model kindness
- F. Teens: Bonding with Boundaries



## XIII. Direct and Redirect

## XIV. Direct Your Attention to What is Important

## XV. Detachment from Deed, Never the Child

## XVI. Do Remember Practical Tips:

- A. Walk slowly and speak softly
- B. Always lower your voice, back it up with 'tough love'
- C. Use your eyes to train and discipline your child
- D. Write stick figure pictures to show what you expect



## XVII. Difficult Children and Teens

- A. ADD-ADHD
- B. Defiant
- C. Disrespectful



## XVIII. Determine to Encourage, Energize and Empower!

XIX. Dignify Each Child and Teen

XX. Display Godly Qualities

XXI. Do Rely on the Power of Prayer



From: *The Discipline Guide*  
*Discipline to the Design of Your Child*  
*and Discipline by Design*  
 by Jody Capehart

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DISC, Learning Styles, Love Language Survey for Youth by Ken Voges and Jody Capehart (available on Jody's website and [www.inhisgraceinc.com](http://www.inhisgraceinc.com))

