

We aren't looking
for leaders...

We build them



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**5 Secrets to well
behaved kids**

5 Secrets to Well Behaved Kids

To be happy in life, a young person must be Self-Disciplined. In order to be Self-Disciplined, children must be raised in a disciplined environment. These “tips” will help!

1. As a parent, you must **always, always, do what you say you are going to do**. Remember that your children learn from EVERY encounter with you...*even if it's not what you want them to learn!*

For example, if you tell a child that a certain behavior will cause them to be punished, you **MUST** follow through with the punishment. Each time you don't follow through, you teach your child, "Mom and Dad don't mean what they say."

If a child, for example, is being disruptive, and you say, "Michael, please stop that," and then allow Michael to continue, you have effectively taught Michael to disobey!

Children **need** the security that comes from knowing Mom and Dad are truly in charge. Any inconsistency in your approach robs them of that security!

2. **Show your children the effects of self-discipline, and the effects of LACK of self-discipline.** Be on the lookout for people who are becoming successful as a result of their self-discipline. Families, athletes, famous people, even fictional characters can be great examples.

In the same way, show your children the results of the lack of self-discipline. Discuss people who are in trouble, or people who don't get the results they want, and show your children how the breakdown in their self-discipline led them to trouble!

3. **Paint an exciting future for your children.** Inspire them to dream big dreams, to think boldly about their future. Show them the opportunities that become available to people who have great discipline!
4. **Decide In Advance (DIA) what is acceptable behavior and what is not.** Let your child know what you expect and let them know specifically what will happen if they don't live up to your expectations.
5. **Reward Your Child for behaving well.** Recognize them every time they demonstrate impeccable behavior.

Follow these tips, and your child will develop the important quality of Self-Discipline and you will have a well behaved kid!

Sincerely,

John St. James
President and CEO
Karate World, Inc.