



MAMA TENDO

RAISING SELF- CONTROLLED CHILDREN

Which parent hasn't had a hard day disciplining their children? Most of us struggle, stumble, fall and rise again – often by faith. Discipline can feel overwhelming and it is one of the hardest parts of parenting. As an older mother now, I see discipline differently.

When I was younger, any resistance from my children would make me angry. I often reacted emotionally, thinking I was disciplining, but I was mostly just letting out frustration.

Over time, I learned that discipline needs to be calm, intentional and wise. Sometimes, discipline seems to stop working. You warn, punish, shout and withdraw privileges, yet the behaviour continues. When this happens, parents feel helpless and tired. Often, it's not because a child is stubborn, but because the approach needs to change. Discipline is meant to teach, not to vent anger or prove authority. Instead of asking, "What's wrong with my child?" ask, "What is this behaviour trying to tell me?" Guidance and learning matter more than fear or punishment. One common mistake is confusing discipline with punishment. Punishment uses fear, pain or shame.

Discipline focuses on correction, guidance and learning. Children may fear punishment but repeat the behaviour later. Learning brings lasting change. Discipline also fails when parents are inconsistent. Rules that change with mood, fatigue, or company confuse children.

What's forbidden today may be allowed tomorrow. Consistent rules and clear consequences help children feel safe and respond better. Discipline can also fail if parents ignore the heart behind the behaviour.

A child who lies may be afraid. One who talks back may feel unheard. One who withdraws may be overwhelmed. Punishing symptoms without understanding the cause only treats the surface. Strong relationships matter. Children respond best to correction from adults they trust.

When every interaction is correction, discipline loses impact. Calm, consistent guidance, modelling the behaviour you expect and listening strengthen cooperation. Discipline is a journey, not a single moment. Our goal is to guide children into becoming responsible, self-controlled adults, not to control them.