

## Discipline Checklist for Mom

Do these things before you meet with your kids to discuss discipline.

- Decide what you want to talk about
- List who will be responsible for what chore and when. Choose age appropriate chores.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Maria-sweep	Maria- dry dishes	Maria-sweep	Maria dry dishes	Maria-sweep	Maria-her room by 3 pm	Relax/Family time
Paul-load/wash Dishes	Paul-sweep	Paul-load/wash Dishes	Paul-sweep	Paul-load/wash Dishes	Paul-clean room by 3 pm	Relax/Family time
Tiffany-Dry dishes and put away	Tiffany-load/wash dishes	Tiffany- Dry dishes and put away	Tiffany-load/wash dishes	Tiffany-Dry dishes and put away	Tiffany-clean room by 3 pm	Relax/Family time
Tony Jr-vacuum	Tony Jr-vacuum	Tony Jr-vacuum	Tony Jr-vacuum	Tony Jr-vacuum	Tony Jr-vacuum	Relax/Family time

\*In this example, I assume the first 3 are teens and Tony Jr. is a preteen who can vacuum in zig zags until he gets it right. If you have 2 or more kiddos, keeping track is a must.

\*You can switch up their chores as you go along. Maybe this is for the month of May and you make another one for June. I can already hear the “Her chores are easier than mine!”

\*Having a calendar of everyone’s games, plays, events, and tests is also a great idea. Post it on the fridge.

- Decide beforehand what the consequences will be **when they are not met**.

For example, I take electronics and/or other privileges. My boys will tell you they lost TV for a whole summer. The oldest lost his cell phone for 2 months. This mama does not play.

■ Plan your talk. Get your game face ready. They can smell fear. Lol! Really. They can sense if you mean business or not. Mean it!

■ Call the family meeting and lay down the law. Drop the mic and walk off. Just kidding. Answer their questions. Take time to dialogue and hear their side. Shut down any nonsense like blaming or refusal. *Your way* is the **only way**. Capiche!

■ Allow them to show you they can do as you ask. Check in on your designated day and time that you pick.

■ Pass out consequences like hot cakes!

■ Reward them with “Great job!” “I appreciate you!” “Look at mama’s big boy!” But, no trips, mall expenditures, movies, etc. **Chores are what they are supposed to do.** That’s how this works!

■ In the event that they fall off, you get tired and forget for a week or two, revisit the plan, pass out consequences, repeat and rinse again. I know. I wish I could say something else, but I got nothing.

I hope you found this Discipline Checklist helpful AND humorous. We need to learn to laugh more. Single Parenting is not easy! But, you are going to make it! You’re an OverComer!

## Do It Anyway!

P.S.

1) Make sure to sign up for the blog Newsletter by email at [www.kaywandalamb.com](http://www.kaywandalamb.com)

2) I will be releasing Chapter 2 of the book *to the email list only* and pre-order of books will go through the list first. Woo! It’s time to be WHOLE- “Women Who Overcome Life’s Experiences” WHOLE Women Do It Anyway!