

Active Parenting for Stepfamilies

Video 4 – The Challenge of Discipline

The Purpose of this Video

This “Video Library” version of the group discussion program, Active Parenting for Stepfamilies, is designed for parents to view on their own or in groups when time does not allow for the full two-hour sessions. Because group viewing can be enhanced through discussion, the following questions will help a leader facilitate such a discussion. Most of the questions are aimed at helping parents apply the information in the video to their own lives, and they can be used as part of a large-group discussion or by having participants form pairs or small groups. Ask as many questions as time allows and, of course, feel free to add or delete questions as you think best for your audience.

Experience has shown that parents who read the accompanying Parent’s Guide (sold separately) will best be able to utilize the skills presented in the video.* However, when this is not possible, we suggest that you give each participant a copy of the enclosed “Program at a Glance” brochure. (Permission is granted to photocopy the brochures and this guide.)

Leading a Group Discussion

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

- What special challenges have you faced in your stepfamily regarding discipline?
- How do you feel about the way your own parents disciplined you?
- What do you think are some of the keys to effective discipline?

Play the video and follow with questions such as these:

1. What did you learn or find helpful from this video?
2. What did you learn about the relationship between events in our lives and our thoughts, feelings and behavior?
3. Considering the “two peach rule,” why do we sometimes discipline the way we do?
4. Think of a problem that you own with one of your children—a discipline situation. Now, let’s construct an “I” message for the next time it happens: “When you _____, I feel _____, because _____. I would like you to _____.”
5. What is a logical consequence you might use if the “I” message is not effective? Remember there are two forms: “Either _____ or _____. You decide.”
OR: “When you have _____, then you may _____.”
6. Why is it important to have a transfer of authority from the biological parent to the stepparent?
7. The Stepfamily Enrichment Activity for this video is to teach you child or stepchild a skill. Has anyone had a successful experience with doing this already? What skill might you teach?