

Ain't Misbehavin': Discipline And The Adopted Child

A Discussion Guide

1. The Impact Of Trauma On Behavior

- a. How does a better understanding of trauma make you see your child's behavior differently?
- b. Which of the impairments of children exposed to complex trauma listed in the course are issues you are dealing with in your family?

2. What Is Discipline?

- a. Explain why punishment is less effective than discipline, especially for children who've experienced trauma.
- b. In what ways might using discipline instead of punishment be difficult for you?

3. Positive Discipline Strategies

- a. This lesson provided many discipline strategies – which ones do you think you'll use with your child? Why?
- b. Which discipline strategies have you tried but found not useful for your family?

4. Developing A Discipline Plan

- a. Do you think you will develop a discipline plan for your child? Why or why not?
- b. What behaviors do you think you would you want to address with a discipline plan?

5. Coping With Specific Behaviors

- a. Which of the strategies provided in this lesson are you most likely to try with your child?
- b. Did any of the suggestions offered in this lesson seem especially difficult to use with your child? Why or why not?

