

# Connected Families®

Christ-centered, Biblically grounded, research-informed, trauma-sensitive, no politics.

[ConnectedFamilies.org](http://ConnectedFamilies.org)

## Connected Families **FRAMEWORK**



Free Ebook: [4 Messages that Build Identity](#)

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### Resources:

[Weekly Email Blog](#)  
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- [Discipline That Connects](#)
- [Sensitive & Intense Kids](#)
- [The Power of Questions](#)



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# DISCIPLINE THAT CONNECTS

**New Goal:** Parents *mentor belief* instead of *manage behavior* as their primary goal.

## **Four messages leading to Discipline that Connects**

(See links below for more resources on each message.)

### **1. You are SAFE with me. James 1:19, 20**

**Key thought:** Kids learn best when they feel safe.

“[Slow, low and listen](#),” instead of “fast, large, and loud”

Key question to communicate safety: “[What’s going on in me?](#)”

[Reframing negative thoughts: podcast](#)

### **2. You are LOVED no matter what. Romans 5:8**

**Key thought:** Misbehavior is the golden opportunity for true unconditional love.

[Agape Love podcast](#)

[Empathy](#)

[Affection](#)

[Does attachment style matter? podcast](#)

### **3. You are CALLED and CAPABLE. Ephesians 2:10**

**Key thought:** I can find and build strengths in my child, even in misbehavior.

[Chores podcast](#) [Chores article](#)

[Gift-gone-awry](#)

[Problem-solving](#)

[Motivate, Model, Practice, Praise](#) (4 steps to teaching values and skills)

[Expressing vulnerable feelings under anger](#)

[Teaching flexibility to kids](#)

[Nurturing resilience in kids](#)

### **4. You are RESPONSIBLE for your actions. Galatians 6:1**

**Key thought:** Effective discipline puts responsibility on the child to right their wrongs.

[Empower kids to want to reconcile - podcast](#)

[Lead the family in do-overs/make-it-right](#)

[Standing in the strong authority kids need](#)

[Responding to name-calling in kids](#)

# Coaching Questions

## FOUNDATION: “You are SAFE with me.”

*Kids learn best when they feel safe.*



When it's gone better...

- When it's gone better, what have you done that helped?
- What tends to calm you down the most when you're upset?
- Is there a phrase, scripture, prayer, or question that has helped?

Self-awareness: What's going on in me? – Matthew 12:34

- What are your thoughts and feelings about this challenge?
- What do you believe about yourself or your child that might be affecting your response?
- What hope-filled truths could replace any “toxic half-truths” you might be believing?

## CONNECT: “You are LOVED – No Matter What”

*Misbehavior is the “golden opportunity” for unconditional love.*

Connection – Romans 8:38, 39

- How might you communicate unconditional love in spite of your child's misbehavior? (i.e. gentle touch, non-judgmental listening, playfulness, get down to child's level, simply express your love)

Empathy – Hebrews 4:15

- What might your child be feeling and wanting that is contributing to the misbehavior?
- How might you help your child feel understood?

## COACH: “You are GOD’S WORKMANSHIP – called and capable.”

*I can find and build strengths, even in misbehavior.*

Affirmation – Philippians 4:8

- What's going partly right in your child's behavior?
- How could you acknowledge a *strength* your child used for misbehavior? i.e. *persistence* in whining, *honesty* in arguing. How could you guide your child to use it more wisely?

Wisdom and choices – Luke 1:17

- How could you help your child build wisdom? i.e. What two “You can \_\_” choices could you offer?
- How could you help your child discover the natural results of their choices?
- What skill would help your child choose wiser behavior? i.e. instead of whining — help your child practice waiting and/or making respectful requests
- How could you create an opportunity for your child to learn and grow?

## CORRECT: “You are RESPONSIBLE for your actions.” – Galatians 6:1

*Effective discipline puts responsibility on the child to make right what was made wrong.*

Natural impact - What is the natural impact of your child's behavior on him/her, others, and the environment? What gentle questions would help your child discover that natural impact and choose a response? i.e. What is everyone feeling now?

Make it Right – How could you hold your child accountable to fix the problem he/she has created, or practice a helpful response? i.e. “How could we solve this in an honoring way?”

Lose a privilege – Matthew 5:23,24 Reconciliation is a priority. What privilege could you withhold that is *related* to the misbehavior and important to your child? (Consider: withholding a distracting privilege until a child makes right what was wrong.)

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