



INSTILLING DISCIPLINE – A BIG RESPONSIBILITY

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We are all borne of a family and like our parents; someday we will have our own family and raise kids of our own, and instilling discipline to the children is a tall order because it entails a big responsibility. Both parents have to ensure that their children will grow up to be responsible and respectable individuals. Raising children is not a joke for married people because they face a huge challenge from the time that their kids start their schooling until they acquire a degree of their own. They should be very well aware to instill the right discipline to their off-springs. There is no excuse to being ignorant of this matter for this is where the future character of your children will be based.

We know very well that we cannot impose our own rules and regulations in a society where norms and values prevail, but we can teach our kids how to live in it. Actually, we are trying to do them a big favor so that they would be able to adjust when the time comes for them to go on their own. Moreover, they can also be taught to survive in this world that we live in. When we talk of discipline, it's got a lot to do with setting rules which will serve as the guidelines of these children not to be led astray and follow the right path. Of course it doesn't necessarily mean that this would be followed to the letter. The consolation of it is at least they will know, have in mind and be aware of what should and should not be done.

Who would then be the disciplinarian in the family? Actually, both parents can assume equal roles in the aspect of discipline. More often than not, it's the father who takes the post of being the disciplinarian. Fathers are the one who has that more authoritative figure when it comes to marriage. They are expected to have that say whether the children should or should not do something. Definitely, it would be different for those who single-handedly raise their child or children because it would entail a bigger responsibility in instilling the discipline needed. He or she should be strong emotionally and physically, so as to carry out his or her responsibilities with success. Of course, a stable support system would prove to be very helpful too.

One thing we have to remember in instilling discipline to our children is to treat all of them fairly and equally. It is not only them who would have to follow whatever do's and don'ts that we try to promulgate but it should also be applied to us parents. Above all, we should be setting the example for our children. We should be doubly sure that as parents, our actions should mirror the expectations we would like our children to achieve. Regardless of whoever holds the higher role in the family, both of them should be role models to the best that they could. But at the bottom line, what matters most is that you are able to mold them. Instilling discipline is a difficult task, a big responsibility bestowed on us, but whatever the cost is, it sure is very rewarding!

Questions for discussion:

1. Do you agree that our children should be disciplined at a younger age? Why or why not?
2. Would you prefer to be the one to discipline your children? Explain your answer.
3. How important is it for parents to instill discipline to their children? Justify your answer.
4. How can you be an effective disciplinarian as a parent?
5. Have you experienced to be disciplined during your younger days? How did you take it?