

# Why Kids Are Less Disciplined Than Ever - And What To Do About It



## The Good News About Bad Behavior: Why Kids Are Less Disciplined Than Ever -- And What to Do About It

by Katherine Reynolds Lewis

★★★★☆ 4.6 out of 5

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In recent years, there has been a growing concern among parents and educators about the decline in discipline among children. Today's kids seem to be more defiant, disrespectful, and impulsive than ever before. What's going on?

There are many factors that have contributed to this decline in discipline. Some of these factors include:

- **The rise of social media.** Social media has allowed children to connect with people from all over the world, which can be a good thing. However, it can also lead to children being exposed to inappropriate content and being bullied. This can make it difficult for children to

develop a healthy sense of self-esteem and to learn how to behave appropriately.

- **The decline of traditional family values.** The traditional family unit is no longer the norm in many societies. This has led to a breakdown in the family unit, which has made it more difficult for parents to discipline their children. In many cases, children are now being raised by single parents or by parents who work long hours. This can make it difficult for parents to provide their children with the consistent discipline that they need.
- **The increasing pressure put on children to achieve academically.** Children today are under more pressure than ever before to achieve academically. This pressure can come from parents, teachers, and peers. It can lead to children feeling overwhelmed and stressed, which can make it difficult for them to follow rules and behave appropriately.

The decline in discipline among children is a serious problem. It can lead to a number of problems, including:

- Increased aggression
- Poor academic performance
- Social problems
- Mental health problems

If you are concerned about the decline in discipline among children, there are a number of things that you can do to help. Here are a few tips:

- **Be a good role model.** Children learn by watching the adults in their lives. If you want your child to be disciplined, you need to be disciplined yourself. This means following rules, being respectful of others, and taking responsibility for your actions.
- **Set clear expectations.** Children need to know what is expected of them. Make sure to set clear rules and consequences for breaking those rules. Be consistent with your discipline and don't give in to tantrums or whining.
- **Be patient and understanding.** It takes time for children to learn how to behave appropriately. Be patient and understanding with your child, and don't get discouraged if they make mistakes. Just keep working with them and eventually they will learn.
- **Seek professional help if needed.** If you are having difficulty disciplining your child, don't be afraid to seek professional help. A therapist can help you to identify the underlying causes of your child's behavior problems and develop effective strategies for dealing with them.

The decline in discipline among children is a serious problem, but it is one that can be solved. By working together, we can help our children to learn how to behave appropriately and to become responsible, respectful, and successful adults.



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