



Are you a proactive or reactive parent?

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By: Alejandra Diener | Source: yoinfluyo.com

At home, there must be discipline, and you surely have it at home. But, do you know what kind of discipline you use at home? There are two types that are broadly encompassed: one is proactive and the other is reactive.

Proactive discipline is one that comes naturally, this means that problems are anticipated; it works as if it were preventive medicine, and prevents dictatorship. A discipline with this characteristic tries to solve problems and the order or structure of its environment to make learning an easier task. A proactive parent seeks to live and sees conflict as an opportunity to discuss positively with their children, a proactive parent sees moments of tensión as something natural and positive to improve. The motto of a parent who practices a proactive discipline is: "It deserves to be analyzed so that it does not happen again".

On the other hand, we have reactive discipline. This discipline is more common because parents tend to act first before thinking. That way of educating comes after having some experience. The problems continue and the reactive parent tries to solve the past and sees order as the goal to reach instead of seeing it as a tool to educate. A reactive parent wants to settle scores and sees conflicts as an extraordinary and negative problem, the motto of a reactive parent is: "this deserves a punishment".

Have you noticed already in what type of discipline do you fit? That way you can start working on it and improve. I imagine that you are thinking about it, that you are doing an introspection. This way you will be able to use the rules that are used in your home and be aware if you use a traditional regulation or rules of progressive elaboration.