

# LET & ABLE Newsletter

*Issue 99 ... June 2023*

I thank each of you for reading and supporting our monthly newsletter. Your decision to faithfully read and pass the publication on to others is appreciated.

The importance of this newsletter cannot be underestimated. Like previous books, manuals, and training material that I have authored, this newsletter is important to me and individuals like yourself for several reasons. A main reason for this importance is our hope to provide relevant information, fresh views, meaningful first-hand experiences, and an impactful voice for families, religious groups, and others.

Our writings seek to document and provide time tested ideas, successes, strategies, insight, frustrations, and concerns found in the world today. Whether planned or impromptu, what we speak, and share has the potential to change lives and impact generations. The steadfast dedication and resolve to progenerate what is desired and needed, continues to be the wind beneath our wings and life force that conceives the possible.

I have found that documenting and writing can transform lives, relieve stressors, provide solutions, promote wellness, and encourage excellence. As we head past the halfway point of 2023, we do so with eagerness and expectation. Are you eager to experience our upcoming writings and views? I am eager. Are you convinced that what needs to be said is important and this newsletter continues to rise to the occasion? I am convinced.

***Dr. Recco***

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**Insight into Child Discipline & Handling**  
**by Ashton Brandon, Rising Sophomore, Morehouse College**  
**& Recco Santee Richardson, Ph.D., LPC**

Ideas and thoughts associated with child discipline and handling can garner a variety of reactions. Our goal in this writing is to provide parents, caring adults, and others with strategies, steps, tips, and suggestions for managing the ill-willed behaviors of children.

The rendering of “proper” discipline to children and the associated handling, is essential to their growth and development. Effective discipline can stave off some of the fall-out from childhood trauma, offset ideas of being targeted, and mediate differences in expectations.

We feel that the following thoughts are essential, practical, and easily implemented within the home, school classroom, children’s church, travel/club sports and other youth servicing initiatives.

**a). Who’s in Charge:** Sometimes, the more adults demand to be in charge and responsible for minor children, the more difficult it becomes to manage their behaviors and thoughts. We found that to effectively be in charge and command order, adults first should seek to understand. Efforts by adults to not even try to understand the child and the presenting situation will go south quickly and possibly blow up into something uglier than necessary. Adults, please remember that just because you are in charge, does not mean that you are right. When discipling children and their behaviors, the goal should be for the adult and child to win.

**b). Dealing with Their Anger:** The wisest of adults have learned to de-escalate poor childhood behaviors with soft spoken words and a pseudo-passive approach to relationship building. To resolve negative behaviors that threaten peace and tranquility, the addressing of what the child is angry about is necessary. Adults, just because we accept the root of their anger, does not mean we agree with it and condone childhood counterproductive outbursts and intense episodes.

**This Article  
Discusses**

**>Proper Discipline**

**>Resolving The Angers**

**>Being Tolerant**

**>The Blame Game**

**c). Effective Communication:** When a child is angry and has committed another cardinal sin, adults must put forth exceptional communication to resolve the problem. As a reminder, placing blame on the child typically does not work and can break down the potential mending of emotions and pains. Even when a child is wrong, or their behaviors are bad, we must be able to communicate distress without placing the pressure of blame on them. The stated is a weight they need not carry.

**d). Parenting Styles & Structure.** There are several theories and frameworks that encourage various parenting styles and efforts. Our view is that the best style and structure is the one that meets the need of the child and parent/adults. There is no concrete or overarching parenting/adult structure, thus when engaged with children, it is good to focus on them as individuals and cater our approaches specifically to the child's mannerisms and behaviors.

***"Communication is  
bedrock for  
for disciplining "  
Dr. Recco***

**e). The Necessity of Tolerance:** As a parent/caring adult, we should increase our tolerance of a child's behaviors. In a world with so many pitfalls and barriers affecting our children, we must be a breath of fresh air from the deep ocean of life. To reach a child at the low points of their life, we are to be tolerant, supportive, and able to get past our own emotions.

**f). The Blame Game:** Parents and caring adults, there is so much to learn regarding disciplining and handling children. It would do us all good to remember that typically a child's rudeness, anger, and aggression are directed toward whoever is in their target range. Placing all the blame on the child for their wayward behaviors and attitude can lead to them disengaging and balking at redirection from us. We have to be able to utilize natural consequences to ensure that our child's voice and complaints are heard and valued.

**g). Just Listen:** For some children, levels of their anger and defiance can be resolved if parents/caring adults simply listened to their complaints with no rebuttal.

We are to get to the point of allowing children to lead their recovery from poor behaviors and give them the freedom to express their emotions. The stated allows for true problems to be revealed through expression.

**h). Routines & Structure:** Another way to address childhood discipline is to create routines and structure. This, along with the presenting of interesting activities and words of encouragement regarding being responsible, can change the disposition of the unruliest child. As adults, we should learn to package and present chores and responsibilities as a growth pathway and not a hardship or necessary evil.

**i). Respecting Their Trauma:** As a parent/caring adult, there is a need to realize that most children have experienced some form of trauma in their life. Trauma that they may or may not be coping with well. It is well known that the key to helping children overcome their trauma is to not downplay, dismiss, or otherwise diminish the severity of the trauma experienced. Shaming, blaming, belittling, comparing, name calling, and detaching from a child is the absolute wrong thing to do.

***"Trauma can impact a child's behaviors."  
Dr. Recco***

Rather, the best thing to do, if possible, is to remove the aggressor, disengage real or perceived threats, contact the local authorities, and validate the emotional and physical well-being of the child. By respecting their trauma, we can validate their experience and relieve some of the pain experienced.

**j). Developing A Relationship:** It may sound strange, but myriads of parents and caring adults have little to no relationship with children placed in their care. Child discipline and handling requires that we spend time with children and take an interest in their lives. The well-rounded parent/caring adult uses daily life experiences (traumatic or not), as opportunities to bond with and grow a relationship with a child. The mere act of displaying being "present and engaged" helps children to know that we are in their corner.

**k). Adulthood Issues:** For some reason, many parents/caring adults place adulthood issues on the shoulders of children. Specifically, regularly placing the needs of a spouse or other person over those of a child is a recipe for disaster. Why? Because showing interest in the love of your life at the expense of your child, can lead to the child feeling devalued.

Another problem area is sharing with children the burden and worries of paying bills and the status of our friendships and love relationship struggles. To avoid adultifying our children, we should endeavor to promote balance in our relationships, a stable and predictable environment, and a safe place from the storms of human life.

## **How To Contact Us**

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