



What You Can Do at Home: Mirror the Model

When home and school align, children gain a powerful sense of consistency and trust. Here's how you can bring the WHPS discipline philosophy into your family routines in a way that feels calm, respectful, and effective.

1. Create Family Rules with Your Child

At WHPS, we co-create classroom rules with students, focusing on what we will do—not just what we won't. You can apply the same approach at home.

Try creating one simple, positively worded rule in each of these three areas:

- How we treat ourselves (e.g., "We speak kindly to ourselves when we make mistakes.")
- How we treat others (e.g., "We use respectful words and hands.")
- How we treat our environment (e.g., "We clean up our space when we're done.")

Ask your child what these rules should look like for your family. When children help shape the rules, they're far more likely to understand and follow them.

2. Use Logical Consequences Instead of Punishments

When a rule is broken, aim for a respectful response that connects directly to what happened. Logical consequences help reinforce responsibility by making the outcome a natural extension of the behavior.

Example: The Bike

- If your child leaves their bike out after a reminder: "This bike is important. Let's pause from riding it for a couple of days until we're showing responsibility."
- If the bike is stolen because it was repeatedly left out: "This is a tough situation. To help fix it, you may need to save part of your allowance or wait a few weeks before we replace it."

The goal isn't to punish—it's to connect choices with outcomes and build habits that support your child's long-term independence and judgment.

3. Pause Privileges Respectfully

When your child misuses a tool, interrupts others, or isn't following expectations, calmly pause the activity: "This tool isn't working for you right now. Let's take a break and try again later."

This helps your child see that privileges come with responsibility—and they can always be earned back once they're ready.

4. Encourage Reflection and Repair

After a difficult moment has passed, slow things down and invite your child to reflect: "What happened?" "What do you think you can do to make this better?"

If they're not sure, offer two gentle suggestions (or possible choices). This helps your child move from guilt or frustration into problem-solving and reconnection.

5. Be Consistent—and Calm

While this isn't always easy, one of the most important parts of using logical consequences is staying calm, neutral, and matter-of-fact. The consequence is the teacher—not our harsh tone, expressions of frustration, or repeated lectures.

The simplicity of logical consequences lies in how respectfully they're delivered. When you follow through without drama, you send a powerful message:

"You're still safe. You're still loved. And I trust that you can learn from this."

Children don't need shame to grow. They need boundaries, trust, and the steady presence of adults who model the kind of regulation we're asking them to build.