

Consistency Makes Kids Feel Safe

1 MIN · YOUTUBE · [HTTPS://WWW.YOUTUBE.COM/WATCH?V=HPPLELRT39K](https://www.youtube.com/watch?v=HPPLELRT39K)

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SUMMARY

Discipline in parenting is often misunderstood as being punitive, but it is essential for children's emotional regulation and safety. Consistent and clear rules create a predictable environment where children can thrive, helping them adapt and feel secure.

- *Discipline should not be viewed as harsh or unloving; it fosters safety and predictability.*
- *Children thrive on consistency and clear boundaries, which help them regulate their emotions.*
- *A steady approach from parents prevents power struggles and emotional turmoil.*
- *Parents should maintain firmness in rules, regardless of children's protests or emotional reactions.*
- *A strong, unwavering parental presence helps children feel secure and understand family norms.*
- *Emotional responses from children should not dictate changes in established rules.*
- *Predictability in parenting allows children to adapt and feel safe in their environment.*

That's because you think being disciplined with your child is punitive. You think it's somehow not loving. You think it's harsh. You think it's hurtful to them. You think it's going to damage the fabric of the relationship and nothing could be further from the truth. It's the exact opposite. Children thrive with predictability including twins and teens. If you are clear and consistent and you follow through and you don't get whiplash by their emotional turmoil. You just stay steady. You're like, I know you didn't like this but this is the rule or you know, this is our ritual or you know, this is the rhythm that we're doing. We're not going to be able to change that now. That's when they get regulated. They adapt. They regulate themselves to the situation. If they feel like you're wishy-washy, like if they push your buttons enough, you'll change, you'll shift, you'll loosen the the rules, you have so much power struggles in your future. You have no idea.

But if they feel like Mom is like made of iron, okay? She's dipped in Teflon. Nothing shakes her. It doesn't matter how much how much I mount a rebellion and a protest, right? Um I could take to the streets with signs. She's just saying, "This is what we're doing. This is the rules. It's not about feelings, okay? This is just how things are done in our family. I'm sorry. Like you you might as well get on board. You you you're welcome to protest but it won't be changing." That's not cold.

That is regulated. That is regulating for them and that is when kids feel safe. When you can just say, "That's just how we do it in our family."