

# Suburban Life



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(F1C)

## The Ten Worst Discipline Techniques:

- 1. Physical Abuse — Number one on the Worst Discipline List is beating, hitting, slapping, punching or otherwise physically attacking children.
- 2. Coercion — Closely related to physical abuse is the use of coercion. When a child does not comply with attempts to "make" him do something, parents often feel they have no alternative discipline techniques other than physical punishment or abuse.
- 3. Yelling — Somehow, parents seem to think that if they increase their decibel level they have a better chance of getting compliance from their child.
- 4. Demanding Immediate Compliance — It is common to hear parents say, "I said to do it now" or "Come here this instant!" or, in the case of Mrs. North, "Chris, stop that right now."
- 5. Nagging — When parents are firm, they rarely have to resort to nagging. Yet many mothers and fathers nag consistently.
- 6. Lecturing and Advice Giving — Favorite speeches about the importance of being responsible, staying out of trouble, not smoking and staying away from troublemakers will have to go, along with your best sermons or lectures. Why? Because kids don't listen to them.
- 7. Taking Anger Out on Kids — When children have caused us great disappointment, or when difficulties, pressures or stresses in other parts of our lives bear down on us, we sometimes jump on our kids when they do something we don't like.
- 8. Shaming and Belittling — If we want our children to grow up emotionally strong and to like themselves, then shaming, belittling and putting them down have no place in our repertoire of discipline techniques.
- 9. Setting Traps — This is a popular technique with autocratic and high-expectation parents. They are waiting for a lie or evidence that the youngster is trying to wriggle out of the situation.
- 10. Imposing Excessive Guilt — Some parents are masters at making their children feel guilty. What I'm against is crippling, excessive guilt that makes one anxious, dependent and unable to feel free and independent.

Excerpted from chapter two (which explains the 10 Worst Discipline Techniques in greater detail) of "Discipline: A Sourcebook of 50 Failsafe Techniques for Parents" by James Windell (Collier Books, Macmillan Publishing Co., New York, 1991, 206 pages, \$9.95 softcover).



# Disciplining the kids

## 50 ways that work

By Ethel Simmons  
staff writer

**R**AISING KIDS is a tough job all around, especially when it comes to discipline.

Some favorite discipline techniques — including yelling and nagging — just don't seem to work most of the time. But James Windell, a Clarkston psychotherapist, has all the answers in his new book.

"Discipline: A Source Book of 50 Failsafe Techniques for Parents."

"Parents like the chapter on the 10 worst discipline methods," Windell said in an interview last week. "It's the most popular chapter. They can identify with it."

He admits he can identify with it too, having tried many of those techniques himself.

Through trial and error as a parent and his own extensive, professional background working with young people and their parents, Windell has come up with easy-to-follow discipline methods that lead to successful results.

Going back 20 years, and in particular for the last six years, he has been conducting classes in parenting. This month Windell begins "Parenting in the '90s," which includes a number of classes at the Oakland Psychological Clinic in Bloomfield Hills, where he is on staff.

"I TUV, in classes, as in the book, to be very specific, and teach parents methods of discipline they can apply immediately," Windell said. He pointed out that especially for the hyperactive child, parents often use techniques that are not the best, out of frustration.

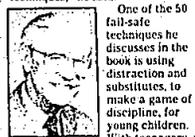
As a psychotherapist, Windell has worked with children, teens and parents for most of his career. He was associated with the Oakland County Juvenile Court Psychological Clinic for five years in the early 1970s and returned several years ago as a consultant in the clinic, where he runs parenting classes for parents of delinquents.

Soft-spoken, with a non-judgmental manner, Windell has the kind of temperament that goes well with his type of work. Parents of delinquents, who have been court-ordered to meet with him, "tend to be on the defensive side. I try to make them comfortable," he said.

Windell's book on discipline was published earlier this year and is now in its second printing. It is available at most area bookstores.

IN WRITING the book, Windell was most concerned about how

many ways there are to guide, discipline and teach children. "I listen to parents and the discipline style they use and pick out both effective and ineffective techniques," he said.



James Windell

One of the 50 fail-safe techniques he discusses in the book is using distraction and substitutes, to make a game of discipline, for young children. With teenagers, an effective discipline method is "holding a gripe session or contracting — making a contract with a child to bring out a behavior change," Windell said.

He mentioned some mistakes parents make in using what could be effective techniques. Windell believes "time out" is good, for example, but the child should be made to stand in a corner, or be put in another non-stimulating atmosphere, rather than be sent to his or her room.

Taking away privileges also is recommended, he said, but, "You shouldn't ground or restrict a child for too long a time. Kids give up and say, 'I might as well do it (the forbidden behavior).'" He thinks, "Any punishment used harshly is a mistake" and that moderate, punishments are best. He cautions parents, spanking is of marginal value. "It's not one of the 50 fail-safe techniques."

WINDELL, WHO was born and raised in Farmington, did his undergraduate work at Wayne State University in Detroit and then attended Oakland University in Rochester. He has two grown children — a son, 18, and a daughter, 23.

"I found within my own experience and the experience of friends that you're still disciplining them at 23. If you use discipline in the broad sense of guiding and teaching, I don't think it ever stops."

James Windell's classes at the Oakland Psychological Clinic include "Parenting the Impulsive and Hyperactive Attention Deficit Disorder Child," beginning Jan. 18; "Learning More About Discipline," for parents of children up to 12 years old, beginning Jan. 29; and "Parenting the Teenager," beginning Jan. 29. For more information, call 335-6070 or the toll-free number 1-800-423-3764.

# Dedicated TOPS member becomes its president

By Sue Mason  
staff writer

**W**HEN BETTY DOMENOE and her sister went to their first TOPS meeting in 1955, she had no idea she would eventually get a watch for being in longer than any other person in the United States.

Nor did she think she'd end up as president of the corporation's board of directors.

Well, that's what happened to the 67-year-old Westland resident.

"I never thought I'd be president," Domenoe said. "But I love TOPS; I believe in TOPS. It worked for me."

In December, Domenoe was elected president of the board of directors of TOPS (Take Off Pounds Sensibly) Clubs Inc. last month. She is only the second person to hold that title in the organization's 43-year history, succeeding founder Esther Manz who stepped down because of health problems. Manz remains chairman of the board.

TOPS, the oldest major weight control group, was founded in 1948 by Manz, a Milwaukee homemaker. Manz' idea was clubs that would help overweight people attain and maintain physician-prescribed weight goals through group support

and fellowship while promoting a sensible approach to weight control.

Today, TOPS has 300,000 members and 11,600 chapters worldwide. For Domenoe, her introduction to TOPS was a 1955 newspaper article about the first chapter formed on the eastside of Detroit. When a second started in the Joy-Evergreen area of Detroit, she called her sister, who, like herself, was overweight.

TODAY, SHE admits that if it hadn't been for her sister's dedication, she wouldn't have stayed with the program. The weight recorder quit shortly after they joined, so members had to remember their previous weight for the weekly weigh-ins.

"It wasn't as organized as clubs now are," Domenoe said of the first meetings. "But then maybe I was looking for an excuse to go home and eat."

Domenoe had 45 pounds to lose. It took seven months and one weight gain to reach her goal. Her sister had 95 pounds to lose. She, too, reached her goal, but later dropped out of TOPS and has since gained back the weight.

Eventually, Domenoe was elected club leader, the first step in her career with TOPS.

"I remember when I got to be leader and had to speak in front of 40 women," she said. "I asked a friend how I did and she said, 'Fine, but next time try to smile.'"

In 1959, Domenoe was elected to the organization's board of directors and worked as a coordinator, signing up new members. In 1965, TOPS created the position of regional director and Domenoe moved into a niche, training coordinators in different states.

SHE IS still a regional director, working with TOPS people in Michigan, Florida and Kentucky. One bedroom of her two-bedroom apartment serves as her office.

Her territory may be far-flung, but Domenoe doesn't mind the travel. Unlike a traveling salesman, she doesn't have a set route to travel, visiting the states for workshops and state recognition days (recognizing TOPS members for their weight losses).

She also doesn't mind being president of a company whose headquarters is in Milwaukee, Wis. As a board member, she has had to travel to Milwaukee several times a year for meetings, a plan she'll continue as president.

"I'm not planning to move there," she said. "If I'm going to move, it's

going to be in the opposite direction."

Under the TOPS program, members who reach their weight goals become KOPS (Keeping Pounds Off Sensibly). Their weight can fluctuate up to 10 pounds (seven under or three over) before KOPS revert back to being TOPS.

Today, TOPS has 300,000 members and 11,600 chapters worldwide, 40,000 are KOPS, a testament to the success of the TOPS program, according to Domenoe.

"WE HAVE incentive programs to help inspire members and a book to help them with their food exchanges," she said. "We don't talk calories; we talk exchanges to limit fat in their diet. There's a lot of camaraderie in the groups, so it's more fun losing weight."

Domenoe has fluctuated between TOPS and KOPS over the years, having a hard time keeping within the 10-pound limit.

"I blame it on the traveling, but I'm always looking for a way to cop out," she said. "I don't bring things into the house I know I'll eat. I don't bring in peanut butter unless my great-grandsons are coming over."

"I'm not to be trusted with peanut butter; it's a real disaster for me."

*'I don't bring things into the house I know I'll eat. I don't bring in peanut butter unless my great-grandsons are coming over.'*

— Betty Domenoe

