

DELHI PUBLIC SCHOOL, MATHURA ROAD

Counselling Department- PRIMARY WING

Newsletter –OCTOBER 2026 Edition

Dear Parents,

Every child needs to learn an important life skill:

“I can make good choices, even when no one is watching.”

This is the foundation of self-discipline. Self-discipline does not mean being strict or perfect. It means helping children gradually learn to manage their thoughts, feelings, actions, and choices in a responsible way.

What Is Self-Discipline?

Self-discipline is the ability to control our actions, follow routines, complete responsibilities, and make positive choices, even when something else feels more enjoyable.

A self-disciplined child gradually learns:

- “I can wait for my turn.”
- “I can finish my work before I play.”
- “I can follow rules even when no one reminds me.”
- “I can control my reactions when I am upset.”
- “I can make choices that are good for me.”

What Can Parents Do?

1. Create simple and consistent routines.

Children feel more confident when they know what comes next. A regular routine for waking up, getting ready, homework, play, screen time, and bedtime can help children develop responsibility.

2. Give clear and appropriate responsibilities.

Small responsibilities build independence.

You can encourage your child to:

- Pack their school bag.
- Keep their belongings in place.
- Complete simple tasks at home.
- Organize their study table.

3. Teach “First–Then” thinking.

Help your child understand priorities.

Try saying:

“First finish your homework, then you can play.”

This helps children learn that responsibilities come before rewards.

4. Help children manage distractions.

Children may find it difficult to stop playing or using screens. Give clear limits and provide gentle reminders.

Try:

“You have five minutes left. After that, it is time to keep the device away.”

5. Appreciate effort and responsible choices.

Notice when your child demonstrates self-discipline.

You can say:

“I noticed that you finished your work without being reminded. That was responsible.”

Specific appreciation helps children understand which behaviors they should repeat.



Remember

Self-discipline is a skill that develops gradually.

Children will make mistakes, forget routines, lose patience, or need reminders. Instead of expecting perfection, help them practice making better choices each day.

Every small step towards responsibility tells your child:

“I can control my choices. I can handle my responsibilities. I can do things independently.”



A Small Challenge for Parents

This week, choose one daily responsibility for your child to complete it independently.

For example:

- ☐ Make the bed.
- ☐ Pack the school bag.
- ☐ Keep toys/books in place.
- ☐ Complete homework before screen time.
- ☐ Prepare clothes for the next day.

Try to remind less and encourage more.

Notice the effort, appreciate progress and allow your child to experience the satisfaction of completing a task independently.

Small habits practiced every day can become strong foundations for responsibility, confidence and self-discipline.

Warm Regards,

Counselling Department

Primary Wing

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“Service Before Self”