

## **“Ask America’s ULTIMATE EXPERTS”**

**By Lenore Millian, Ph.D.**  
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Got a question? *Woman’s World* will get the answer for you – from the expert you only dreamed you could ask!

QUESTION: “How can I discipline my step kids?”

Q: When my husband’s kids from his previous marriage act up, he says I can discipline them, but I worry that if I do, they won’t want to be around me! Sandy, Virginia

Expert advice from Lenore Millian Ph.D., author of “The Second Wives Club”:

A: Your stepchildren will not cast you aside if you discipline them with firmness and love. In fact, it shows you care. They need to know and respect your limits; they’ll have structure and consistency. First, you and your husband should make the children aware of the house rules, together. Then, be sure they understand the consequences of misbehavior. Two effective discipline strategies: time-outs and rewarding good behavior.

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