Tips & Suggestions

- Role modeling – children learn more by watching your behavior
- Encouragement - to promote positive behavior
- Limits - clearly stated and staying the same all the time
- Consequences - consistent and immediate
- Never give directions that you cannot enforce at that time
- Never disagree about discipline in front of your children
- Look for gradual changes in behavior - praise change and don’t expect too much too soon

Sources


Fact Sheet-02-49

Punishment? or Discipline?

Understanding The Difference

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Raising a child is not easy. We have all felt like we could explode if our child does “just one more #~%*@!* thing”.

We may want to react in the moment, using punishment as a way of making the child “behave”. Punishment really says, “I’m getting even”.

The goal of discipline is to teach healthy behaviors in constructive ways. Children model what they see. When we are angry and take a “time-out” before correcting our child, our children learn self-discipline as well as imposed discipline.

### Punishment
- Means to cause pain
- Is used to hurt – “Pay Back”
- Creates FEAR
- Tears away at a child’s self-worth
- Makes children feel unloved, small and powerless
- Offers no explanations or solutions
- Says that it is okay for people who love each other to hurt each other

### Discipline
- Means to help develop self-control and character
- Is used to help our children correct their behavior
- Creates courage
- Helps build a child’s self-worth
- Helps a child feel loved, important and empowered
- Offers explanations and solutions
- Says that people who love each other do not hurt each other