

## 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

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Mathews, D., Matter, L., Montgomery, M. (1991) Parenting Under Stress Charlotte, NC KIDSRIGHTS

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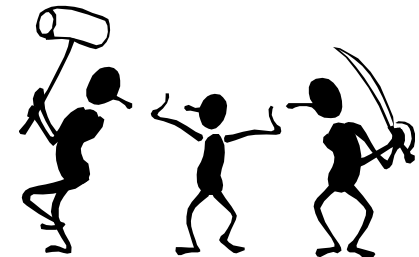
The Child Welfare League of America (2002) Positive Parenting [On-Line] Available: [www.cwla.org](http://www.cwla.org)

The MASTER Teacher Inc. (2002) You Can Handle Them All [On-line] Available: [www.disciplinehelp.com](http://www.disciplinehelp.com)

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## Punishment?



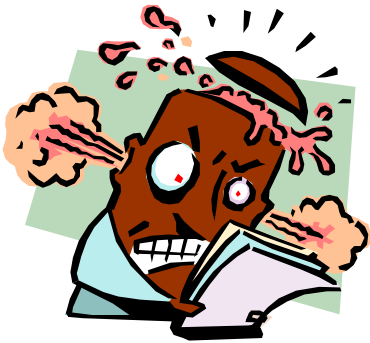
## or Discipline?



## 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

