

PUNISHMENT vs. DISCIPLINE

MINDSET

Make the child suffer for the mistake.

MINDSET

Help the child learn from the mistake.

RESPONSE

- Control behavior
- Stop the behavior now
- Focus on what went wrong
- "How do I make this stop?"

RESPONSE

- Teach life skills
- Build responsibility
- Solve the problem
- "What does my child need to learn?"

OUTCOME

- Avoid getting caught
- Fear consequences
- Feel shame or resentment
- Someone else controls my behavior

OUTCOME

- Take responsibility
- Repair mistakes
- Problem-solve
- Make better choices because they're right



PUNISHMENT vs. DISCIPLINE

INSTEAD OF REACTING, PAUSE AND ASK:

Is it Related?

Does the consequence fit the behavior?

Is it Respectful?

Does it protect my child's dignity?

Is it Reasonable?

Is it fair and age appropriate?

Is it Revealed?

Did my child know the expectation ahead of time?

Is it Helpful?

Will this teach the skill I want my child to learn?

*Children may forget the consequence.
They rarely forget how we made them feel
or what we taught them in that moment.*

