

UNDERSTANDING DISCIPLINE

DISCIPLINE DOES

Focus on future behavior

Teach children what “to” do

Help kids use the thinking part of their brain to learn new behavior

Teach children how to make a better choice next time

Make lasting change over time

DISCIPLINE DOES NOT

Focus on past behavior

Focus on what “not” to do

Set off the fight-or-run part of the brain that focuses on fear of the consequence

Make children afraid of their parents and punishment

Result in a quick fix



Discipline is teaching and guiding a child to make good choices, follow rules, and learn self-control. It is about helping children understand and want to do what is right, rather than only giving consequences for doing something wrong.



DISCIPLINE...

- Helps children learn from their mistakes
- Teaches children decision making and self-control
- Helps children understand the results of their actions
- Helps children feel understood
- Makes parent - child relationships stronger

PUNISHMENT...

- Increases behavior problems
- Decreases ability to get along well with others
- Increases bad feelings and actions like anger or hitting
- Reduces self-control
- Results in worse not better grades



Three "Rs" of Discipline

REASONABLE

RELATED
to the problem

RESULTING
from the behavior or action