

# 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