



CMR PORT ELIZABETH PARENTING OUTREACH

PUNISHMENT VS DISCIPLINE

Is there a difference, and does it matter?



The CMR enriches family life by being the love of Christ in action

DiSCiPLINE Does NOT Equal PUNISHMENT



Discipline is helping a child solve a problem. Punishment is making a child suffer for having a problem. To raise problem solvers, focus on solutions not retribution. - L. R. Knost

www.behavingourchildren.org

DISCIPLINE IS TEACHING.

Discipline helps children understand what you expect, how to behave, and what happens when they misbehave.

Discipline helps children be in control of their own behaviour.

Beneath every behavior there is a feeling, and beneath each feeling there is a need. When we meet that need rather than focusing on the behavior, we begin to deal with the cause not the symptom.



Youth Difficulties

When children misbehave there is usually a reason.

10 Positive Ways to Discipline

- D** is for **Distracting**
- I** is for **Investigating Needs & Feelings**
- S** is for **Structuring the Environment**
- C** is for **Consistency**
- I** is for **Instructing**
- P** is for **Playing & Connecting**
- L** is for **Limits**
- I** is for **Ignoring**
- N** is for **Noticing Positive Behaviour**
- E** is for **Excusing Self or the Child**



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What is positive parenting and positive discipline?

Positive parenting and positive discipline are techniques that work well with every child, regardless of their age, temperament, background, culture or tradition.

These techniques build on your child's wish to please you, guaranteeing a better-behaved, happy child and less-stressed parents.

They work by allowing you to:

- create a good relationship with your child by showing love and affection
- emphasise all the things that please you about your child
- be a good example – your children will take their lead from what you do
- praise the behaviour you want to see in your children
- listen to your child's views and negotiate solutions to problems together
- avoid harsh punishments like smacking or shouting excessively
- have clear limits that are fair and age appropriate, expressing your wishes in a way that shows you mean what you say.



Different approaches will work for different children in your family, and the rules will change as your children grow.

**“There are NO BAD CHILDREN,
only good and bad behaviour”**

Negative Parenting



Quarreling Parents



No Negotiations



Harsh Punishment



Discouragement



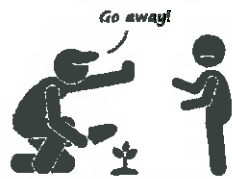
Unsupportive



Yelling



Unhealthy Lifestyle



Not Allowed to Involve



Ignore Achievement



Timeout



**Encourage,
Empower & Respect**

PUNISHMENT	DISCIPLINE
Based on rewards & penalties	Based on relationship
Focuses on behavior	Focuses on character
Expects to control	Expects to connect
Uses fear to intimidate	Uses love to motivate
Teaches the “what” (rules)	Teaches the “why” (values)
Results in shame and guilt	Results in confidence and identity
Expects perfection	Expects growth
Focuses on the short term	Focuses on the long term

TIPS to guide your child's behaviour in a positive way



- #1 CALM DOWN BEFORE YOU ACT
- #2 THINK ABOUT WHAT YOU WANT YOUR CHILD TO LEARN IN THIS MOMENT
- #3 CONSIDER YOUR CHILD'S POINT OF VIEW
- #4 THINK ABOUT YOUR CHILD'S STAGE OF DEVELOPMENT
- #5 CREATE A LOVING AND RESPECTFUL HOME

WHAT DOES "CONSEQUENCES" MEAN?

A consequence is a result of something a person does. When children misbehave, parents need to respond in a way that helps them learn about the effects of their behaviour and how to plan differently for the next time.

Consequences should give a child the chance to be forgiven .

A consequences is more effective than pain, Fear, shame or humiliation.

Parents must decide whether to respond with logical or natural consequence. An example of logical consequence: a child colours on the wall— the child helps to clean the wall.

An example of natural consequence: a child refuses to eat dinner—the child will be hungry later.

Consequences

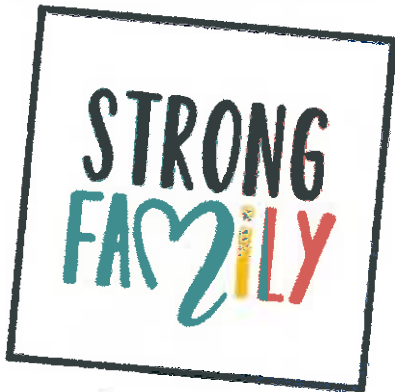
Nurture

Nurturing your child

Nurturing is where you need to put most of your effort. Children learn best when they know they are loved and supported. Here are some ideas:

- Love your children, no matter what they do.
- Listen to your children.
- When they are being good, tell them.
- Expect the best from your children
- Make sure they are safe—physically and emotionally
- Be a good role model.

Why does it matter?



1 Builds healthier parent-child relationships



2 Creates an atmosphere of mutual Respect between parents and children



3 It leads to the development of a higher self-esteem



4 Set positive example for children to follow. Your word may fall on deaf ears by you are always being observed. Be a role model.