

## ***DISCIPLINE vs. PUNISHMENT***

***Discipline*** should be used to teach self-control which the child can then use without adult supervision.

***Punishment*** is the intention to harm in order to change behavior.



### **DISCIPLINE:**

- + sets limits
- + teaches
- + respects developmental stages and individuality
- + allows learning by experience (provides logical consequences to behavior)
- + allows choices
- + gives praise, encourages self-esteem
- + sets a good example
- + instills pride and trust

### **ABUSE:**

- uses severe punishment
- controls
- is disrespectful
- does not allow growth by experience
- allows no choices
- creates negativity
- shows "bad" actions speaking louder than words
- creates low self-esteem and elicits fear