

# PUNISHMENT VS DISCIPLINE

Punishment's goal is to **HURT** the child and includes smacking, timeout, withdrawal of privileges

The goal of discipline is to **HELP** the child to learn and grow by teaching, guiding and instructing

## Explain the Expectation

In a calm, gentle voice, explain what your expectation was and your reasons for this. Clearly explain what your child did wrong or incorrectly.



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## Explore

Find out what is going on for your child. What was their thinking or motivation for their behaviour? Don't ask questions you know the answer to.

## Empower

Ask your child for a possible solution, to find a way to move forward. Encourage the child to problem solve and empower them to enact it.



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## Consequences

It is important to work with your child, rather than doing things to them. If they break something it needs to be fixed. If they hurt someone they need to make it right. The consequence needs to fit the situation.

## Possible Triggers of Undesirable Behaviour

Check if your child is...



**H** - Hungry  
**A** - Angry  
**L** - Lonely  
**T** - Tired



*The information above was gained and adapted from an interview with Dr Justin Coulson at Parenting For Resilience, Confidence and Independence Online Summit 2021, and The Whole-Brain Child Book by Daniel j. Siegel MD and Tina Bryson PhD, © Spectrum Education 2022*