

Discipline or Punishment? There IS a Difference!



These words are often thought to be interchangeable, but there are significant differences. . .differences that parents need to understand.



"Discipline" means "to teach." It...

- Is done in a calm, respectful manner.
- Addresses the child's behavior.
- Teaches responsibility for one's actions and choices.
- Encourages good decision-making.
- Is solution focused.
- Strengthens self-esteem.
- Has a long-term effect.



"Punishment" means "to inflict pain, to treat roughly, to hurt." It...

- Is done out of anger and hostility.
- Is about power and control.
- Focuses on the child, not the behavior. ("You're a bad boy/girl.")
- Robs the child of dignity.
- Creates resentment and distrust in the parent/child relationship.
- Destroys self-esteem.
- Has little lasting effect.
- May be illegal if excessive.

Parenting Quick Tips

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