



Punishment vs. Positive Discipline

Additional resources, skills, and strategies for parents are available at no cost through the online Thrive Initiative programming. Visit the Thrive website <https://thrive.psu.edu>, and sign up today!

Punishment

The purpose of punishment is to control, coerce, and/or shame a child into acting a certain way through the threat or use of pain, loss, or confinement. Punishment is executed through external control.



Positive Discipline

The purpose of positive discipline is to teach children to control and manage their behaviors in an acceptable way. Positive discipline helps children develop a sense of control over their behaviors. Discipline often teaches the child a lesson that can be applied to future situations.

The Guiding Principles of Positive Discipline



Be a Good Role Model

Pay attention to your own behaviors and emotions. Model respectful behaviors.



Be Consistent

Make sure your child knows what the behavior expectations are, and state them positively. Define the expectations; clearly tell your child what to do, not just what not to do!



Be Curious

Consider why your child is misbehaving. Take time to consider and identify the meaning behind the behavior. Talk with your child!



Be Reasonable

Your child is learning how to manage small and big emotions. Remember their age and state of development. Children ages 3 to 5 years old need you to teach and guide them, so they are able to develop a sense of control over their behaviors.

Adapted from: Alliance for Child Welfare Excellence <https://allianceforchildwelfare.org/>