



## 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/>