

# Parenting Partners

## Workshop #5—Discipline: Practice for Success

### Overview

#### The Difference Between Discipline and Punishment

Discipline:

- Training that empowers a person to learn from mistakes and be equipped for success next time
- Training or learning that develops strong character, self-control, and moral capacity

Punishment:

- Imposing a penalty for breaking a rule or the law; often in retaliation
- Dealing with roughly or harshly

<b>Characteristics of Discipline</b>	<b>Characteristics of Punishment</b>
Provides direction and correction	Inflicts a penalty
Values learning from mistakes	Requires perfection
Focuses on the future	Focuses on the past
Attitude of love and support	Attitude of anger and retaliation
Directed at the behavior	Directed at the individual
Promotes security and self-control	Promotes fear, resentment and anxiety
Parents invest time and effort	Dismissive; not investing time
Manageable for parent and child	Overwhelming

“It is because we love our children that we discipline them. The goal of correcting our children should be to help them learn how to change their behavior, what to do differently in the future, and why it is important to act or not act in certain ways.”

#### Consequences

Consequences are training tools that give children the mental and moral capacity to develop positive actions and habits.

Natural consequences:

- Happen naturally
- Parent stays out of the way
- Nature takes its course
  - Examples:
    - Don't turn in homework—get a bad grade
    - Don't show up for work—get fired
    - Teen spends clothes money on the movies—don't get that pair of jeans

Logical consequences:

- Generated by parent
- Parent sets up consequences
- Parent follows through
  - Examples:
    - Leave basketball outside—parent takes it away for 2 days
    - Watches TV instead of doing homework—loses TV privileges this week
    - Colors on the wall—child must clean the wall before getting crayons back
  - Guidelines for setting logical consequences
    - Put into action without anger
    - Communicated first
    - Perceived by the child as negative
    - Relate to the misbehavior
    - Allow freedom of choice
    - Age-appropriate and reasonable
    - Allowed to work
    - Manageable for the parents
- “When we apply logical consequences properly, we will find that we get more results as we talk less and act more. Remember to clearly communicate expectations and to trust the consequences to do the work. Children learn through experience, so let them.”

### **Be the parent Now or Later**

**Be the buddy now and the parent forever:** When parents withhold discipline, their teens and young adult children often lack the tools for independence. Therefore, parents may continually be called upon to intervene and rescue their young adult children.

**Be the parent now, and the buddy later:** When parents discipline their children as they grow, they gain the skills and confidence to become independent young adults. Therefore, confident, independent young adult children can be friends with their parents?