

POSITIVE DISCIPLINE WORKSHOP

KIM BIGGIO, FACILITATOR

OUTLINING THE DIFFERENCES IS DISCIPLINE ACTUALLY PUNISHMENT?

*Parents often feel confused about the actual differences between discipline and punishment.

*DISCIPLINE is non-violent. It uses positive approaches to guide children. PUNISHMENT often teaches children that violence is the way to problem solve.

*DISCIPLINE takes into account a child's development stage. A child's actual abilities are often very different from the parents perception of their abilities.

*DISCIPLINE teaches children self control from within. PUNISHMENT often involves a parental loss of control.

*Punishment teaches children to obey. There are many complex secondary issues that can result from a child's internalization of this concept.

*Most importantly, DISCIPLINE leads to the development of a positive, rich relationship between the parent and the child. PUNISHMENT often breaks down the parent child relationship.

From "Becoming The Parent You Want To BE" by Laura Davis and Janis Keyser

