

## Discipline vs. Punishment

### Punishment is:

1. Adult oriented.
2. Requires judgment.
3. Imposes power from outside.
4. Invites more conflict.
5. Focuses on “restricting” the child.
6. Concentrates on child “paying” for mistake.
7. Focuses on external control.
8. Expresses frustration.

### Discipline:

1. Shows children what they have done wrong.
2. Gives them ownership of the problem.
3. Gives them ways to solve the problem.
4. Leaves their dignity intact.
5. Uses logical and realistic consequences.
6. Teaches the benefit of making good decisions.
7. Teaches a life lesson.
8. Focuses on developing internal control.
9. Redirects children toward success.
10. Role-models good parenting skills.

**Give a hungry child a fish a day and the child will be fed for that day; teach the child how to fish and the child will be able to feed himself/herself for a lifetime.**