

## DISCIPLINE VS. PUNISHMENT

	<b>Discipline</b>	<b>Punishment</b>
<b>Intention:</b>	<ul style="list-style-type: none"> <li>• To teach</li> <li>• To limit behavior</li> <li>• To foster independence</li> <li>• Views children as lacking needed skills</li> </ul>	<ul style="list-style-type: none"> <li>• To hurt back</li> <li>• To get even</li> <li>• To be in control</li> <li>• Views children as being manipulative</li> </ul>
<b>Tone:</b>	<ul style="list-style-type: none"> <li>• Firm, but friendly/patient/kind</li> <li>• Objective</li> <li>• Adult driven</li> <li>• Understanding</li> <li>• Intentional</li> </ul>	<ul style="list-style-type: none"> <li>• Angry/Hostile</li> <li>• Objectifying</li> <li>• Blames child</li> <li>• Frustrated</li> <li>• Reactionary</li> </ul>
<b>Connection:</b>	<ul style="list-style-type: none"> <li>• Connected to the child's behavior</li> <li>• Developmentally appropriate</li> <li>• Natural consequences</li> </ul>	<ul style="list-style-type: none"> <li>• Not connected to the child's behavior</li> </ul>
<b>Outcome</b>	<ul style="list-style-type: none"> <li>• Competence</li> <li>• Confidence</li> <li>• Learning</li> <li>• Strengthened relationship</li> </ul>	<ul style="list-style-type: none"> <li>• Resentment</li> <li>• Fear</li> <li>• Shame</li> <li>• Low self-esteem</li> <li>• <i>No permanent behavior change</i></li> </ul>
<b>Power focus</b>	<ul style="list-style-type: none"> <li>• Internal control</li> <li>• (Choice Theory)</li> </ul>	<ul style="list-style-type: none"> <li>• External control</li> </ul>