

DISCIPLINE VS. PUNISHMENT

How to change your mindset and create the behavioral change you're looking for



CREATE

BEING RAISED IN AN ATMOSPHERE OF **LOVE** CREATES A DIFFERENT FUTURE THAN BEING RAISED IN AN ENVIRONMENT OF **SURVIVAL**.

Children are **biologically hardwired** to be sensitive to a parent's withdrawal of love because they depend on them for basic survival. Their nervous system goes into high alert AND their mind has trouble thinking calmly when they feel their safety is threatened. Those patterns then become ingrained as their reactions.

Instead parents can model the process of;

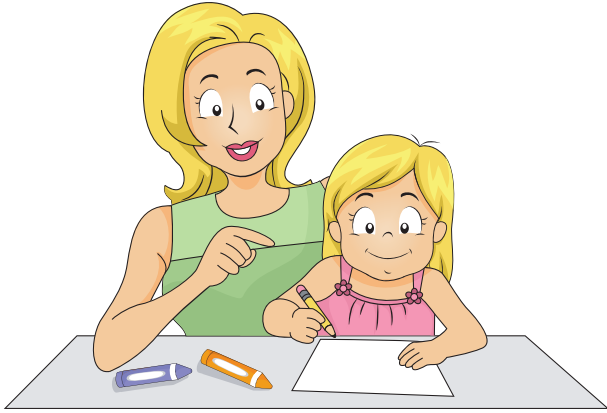
- following boundaries,
- making amends
- and learning from our mistakes...

with **compassion** so a child rests in knowing they are loved as they are AND as the amazing person

THEY ARE BECOMING.



(HEALTHY) FORMS OF DISCIPLINE



REDIRECTION:

Help them understand better alternative (behaviors/actions) are more appropriate



TEACHING:

Look for the missing skills to do better so better decisions happen on their own.



PROBLEM SOLVING:

Guidance on finding the solution to a problem instead of putting "an end" to it.



CONSEQUENCES:

Natural side effects (don't step in) or imposed (step in) relatable and proportionate remedies.

(UNHEALTHY) FORMS OF DISCIPLINE



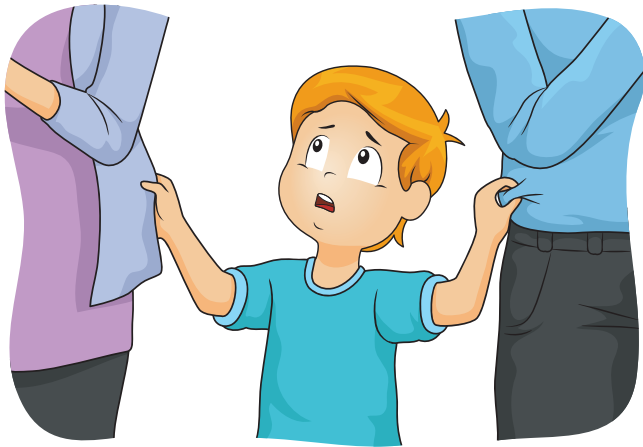
SHAMING:

Makes them feel bad or ridicules them in front of others to change behavior.



HITTING:

Looks to create fear and uses aggression to prevent future misbehavior.



SILENT TREATMENT:

Makes a person feel invalid or unworthy of emotion/ opinions to curb unwanted behavior.



IGNORING IT:

Uses escapism to believe the problem will solve itself without having to address it.

A MINDFUL MOMENT:

This helps you see a moment through your parent's eyes by looking at our own behavior.



DID I BREAK A RULE?

Yes

idk?

IF SO, WHAT WAS IT? _____

Unlovingly

Unsafely

Disrespectfully

Disobediently

Irresponsibly

Without Integrity

I BEHAVED:

HOW I FELT WHEN I BROKE THE RULE: (CIRCLE IT)



Embarrassed



Disappointed



Happy



Angry



Annoyed



Other: _____



Sad



Other: _____

HOW MY ACTIONS MAKE ME FEEL NOW: (SQUARE IT)

What was **important** to me: _____

What can I do **differently** next time? _____

Appropriate **quote / affirmation**: _____

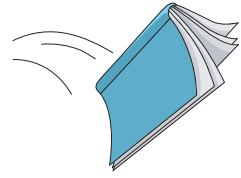


BEHAVIOR LOG

For rage, aggression, and anger.

DATE: _____ DURATION: _____

HOW SEVERE WAS THE INCIDENT (10 BEING THE WORST)



BEHAVIOR CHECKLIST:

- | | |
|--|--|
| <input type="checkbox"/> hit someone | <input type="checkbox"/> ran from me |
| <input type="checkbox"/> threw something | <input type="checkbox"/> ignored me |
| <input type="checkbox"/> screamed uncontrollably | <input type="checkbox"/> hit / hurt themselves |
| <input type="checkbox"/> cried uncontrollably | <input type="checkbox"/> locked themselves |
| <input type="checkbox"/> broke something | <input type="checkbox"/> other: _____ |
| <input type="checkbox"/> swore or used foul language | <input type="checkbox"/> other: _____ |

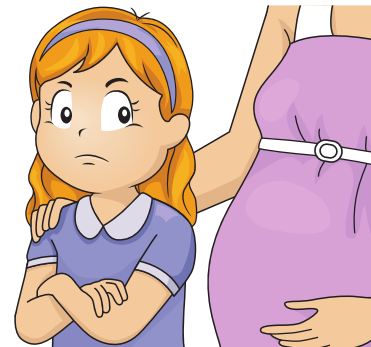
TRIGGER CHECKLIST:

- | | |
|--|---|
| <input type="checkbox"/> was hungry | <input type="checkbox"/> felt embarrassed |
| <input type="checkbox"/> was tired | <input type="checkbox"/> was bullied |
| <input type="checkbox"/> was overwhelmed | <input type="checkbox"/> was laughed at |
| <input type="checkbox"/> felt threatened | <input type="checkbox"/> felt sad |
| <input type="checkbox"/> was scared | <input type="checkbox"/> felt guilty |
| <input type="checkbox"/> felt rejected | <input type="checkbox"/> other: _____ |

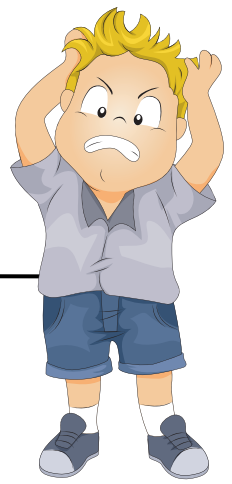


RESPONSE CHECKLIST:

- | | |
|---|--|
| <input type="checkbox"/> wore themselves out | <input type="checkbox"/> I stood near until calmed |
| <input type="checkbox"/> walked away | <input type="checkbox"/> I put on music |
| <input type="checkbox"/> I hugged him/her | <input type="checkbox"/> I empathized |
| <input type="checkbox"/> I distracted them | <input type="checkbox"/> I yelled |
| <input type="checkbox"/> I threatened a loss of privilege | <input type="checkbox"/> other: _____ |



FROM CONSEQUENCES TO REWARDS



UNWANTED BEHAVIOR:

Describe the specific behavior you would like to change.
(This means "hitting" instead of "being bad")

REPLACEMENT BEHAVIOR:

Teach your child the appropriate behavior you would like to replace the unwanted behavior. (This can be "squeezing your fists" and "taking deep breaths" instead of "hitting" when angry.)

LIST 3 REPLACEMENT BEHAVIORS:

NATURAL CONSEQUENCES:

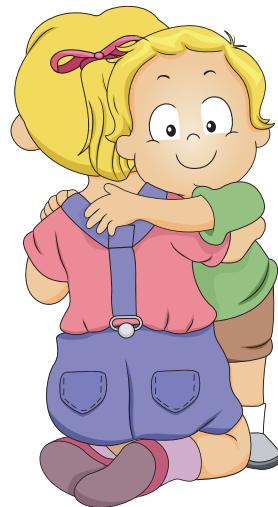
These help a child understand the environment and key details a particular thing needs to **remain healthy or successful**. They help a child understand something they don't see from a DIFFERENT angle. Seeing it from this new angle is how they develop new skills.



LIST 3 NATURAL CONSEQUENCES:

REWARDS:

Rewarding appropriate behavior is **even more effective** than giving consequences for unwanted behavior. Rewards also include positive attention (a hug, kind words or a smile) and should be **phased out** when behavioral change is complete.



LIST 3 FITTING REWARDS:

SAY THIS, INSTEAD OF THAT!

WHAT WERE YOU THINKING!?



"I can see that this was hard for you. Which part was hardest?"

"HOW MANY TIMES DO I HAVE TO TELL YOU?"



"I'm going to do (-) so that its easier for you."

"STOP DOING THAT! YOU ARE EMBARRASSING!"

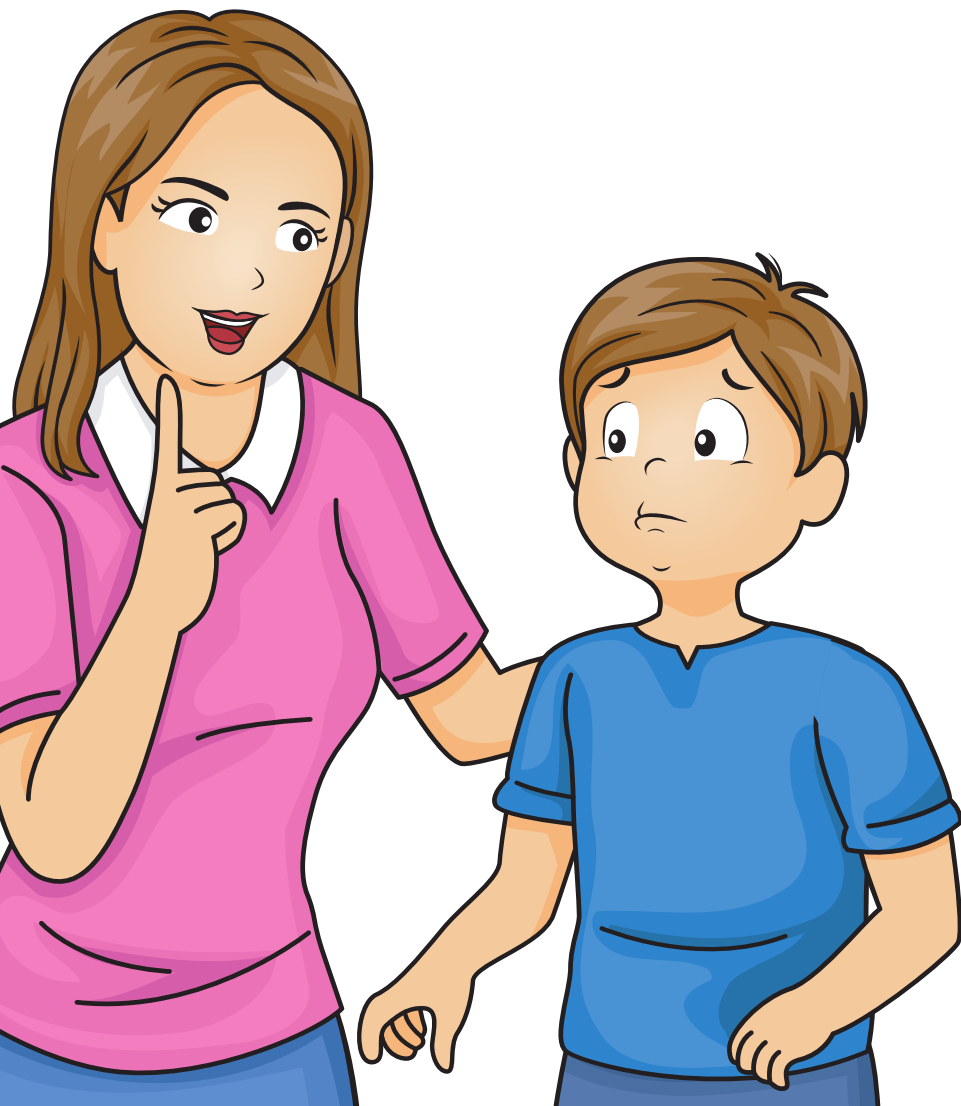


Let's go to a quieter place so we can get this sorted out."

IF YOU DON'T KNOCK IT OFF NO PLAYSTATION FOR A WEEK!



"I know you don't want to stop but we have to go. You have 5 more minutes before I help you turn it off. I don't want you to mess up your save file."



"GO TO YOUR ROOM!"

"Come here, let's sit (or do a calming activity) together"

"YOU ARE IMPOSSIBLE!"

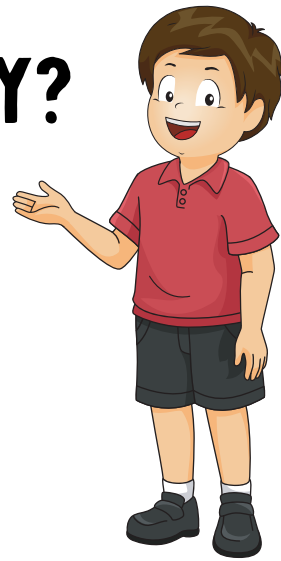
"We will get this figured out. Let's think of a better way for next time."

STOP!!!! YOU BETTER NOT DO THAT AGAIN.

"That is dangerous and can get you hurt. I see you need to get your mad out. It's okay to throw the ball or take a walk outside."

WHAT DOES MY **BODY LANGUAGE** SAY?

Consider carefully the facial expressions and body placements to learn more about how people might react to your communication.



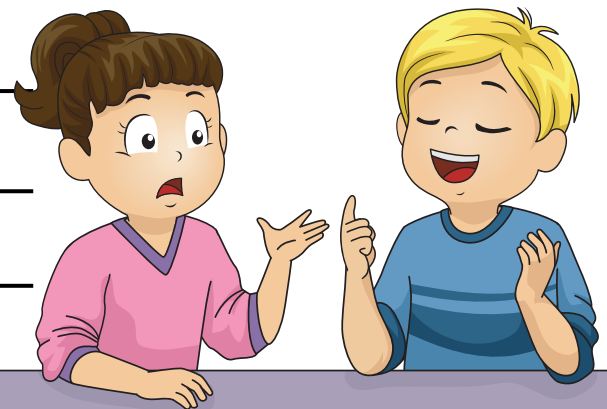
Describe in 1 word, how the person witnessing might feel: _____

What **clues** might show you this: _____

Describe a time **when you also witnessed** the same body language (you are using) in another person:

Describe how **you felt** when you witnessed this:

What can you do and say to **help the person** feeling this way?



**IF YOU FEEL SAFE AND LOVED,
YOUR BRAIN BECOMES
SPECIALIZED IN
EXPLORATION, PLAY
AND COOPERATION.**



**IF YOU ARE FRIGHTENED AND
UNWANTED IT SPECIALIZES IN
MANAGING FEELINGS OF FEAR
AND ABANDONMENT.**

Bessel Van Der Kolk

