



## A Positive Approach to Discipline

A positive approach to discipline focuses on teaching and building positive behaviors.

- Parents who effectively use a positive approach to discipline usually have respectful, well-behaved children.
- Effective discipline starts with attention and praise. You get more of what you notice. Children follow the rules because they are rewarded for the behaviors you WANT them to display.
- A positive approach does NOT mean children “get by” with misbehavior. Rather, as you set clear limits and use consistent, logical consequences, children learn from their mistakes.

### POSITIVE APPROACH TO DISCIPLINE

- Shows support and empathy
- Shows respect for child
- Teaches life skill
- Focuses on positive behaviors
- Considers age differences
- Considers child’s underlying emotions
- Avoids physical punishment

### NEGATIVE APPROACH TO DISCIPLINE

- Uses criticism and humiliation
- Creates fear
- Includes yelling and screaming
- Focuses on negative behavior
- Uses vague commands
- Allows anger to determine discipline
- Uses spanking