

Effective Discipline Strategies

Negative Consequences and Punishment: Withdrawal of Privileges

A positive approach to discipline includes negative consequences and punishment. Some parents get discouraged when their child misbehaves. They think, “This attention, praise and rewards stuff isn’t working!” Children will still break the rules—because they are learning, exploring and testing the limits of their world. A positive discipline approach includes positive parenting strategies AND tools to use when children misbehave.

Withdrawal of Privileges

- When your child misbehaves and you use loss of privileges as a consequence, you don’t let your child engage in a desired activity.
- This discipline strategy works best with older children and teenagers.
- What does your child value the most? Playing soccer? Going to a friend’s house? Having a phone? Driving the car? These are all “privileges” that can be removed for a period of time when your child breaks a rule.

For example, you didn’t clean up your room as I asked, so you may not go to Blaine’s house this afternoon – you can go tomorrow if you get your room clean.