

PUNISHMENT VS. DISCIPLINE

Punishment	Discipline
Demonstrates anger and hostility for the child	Demonstrates love and affection for the child
Forces the child to listen and obey	Teaches the child right from wrong
Teaches the child that decisions are at the whim of the caregiver	Teaches the child to make healthy choices for him/herself in order to prepare the child for independence and autonomy
Caregiver has all the power—the child is given no respect	A balance of power and mutual respect exist between the caregiver(s) and the child
Involves humiliation of the child	Caregiver does not shame or humiliate the child, but empathizes with the child's feelings while still enforcing limits
Requires that the child submit or surrender to the caregiver(s) rule	Child is empowered to solve problems on his or her own, resulting in greater self-efficacy