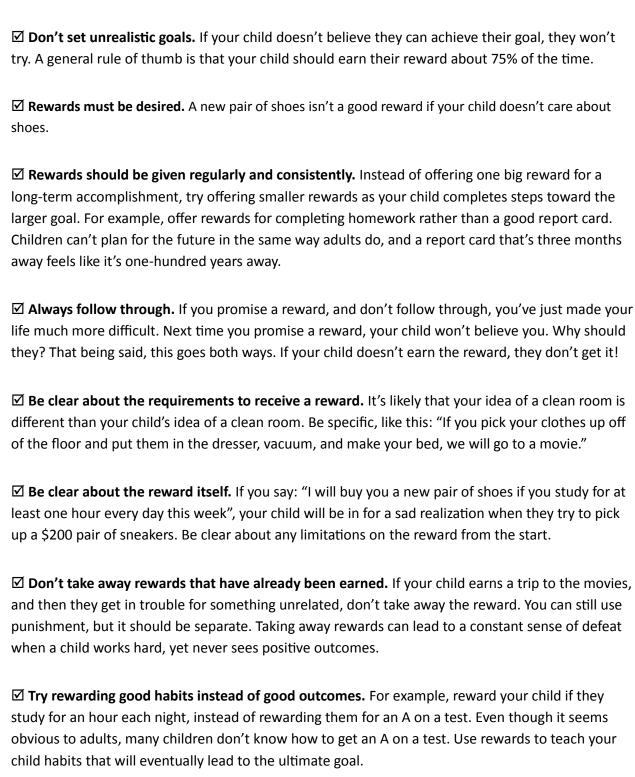
Using Rewards and Punishments

Best Practices



Rewards -----



Using Rewards and Punishments

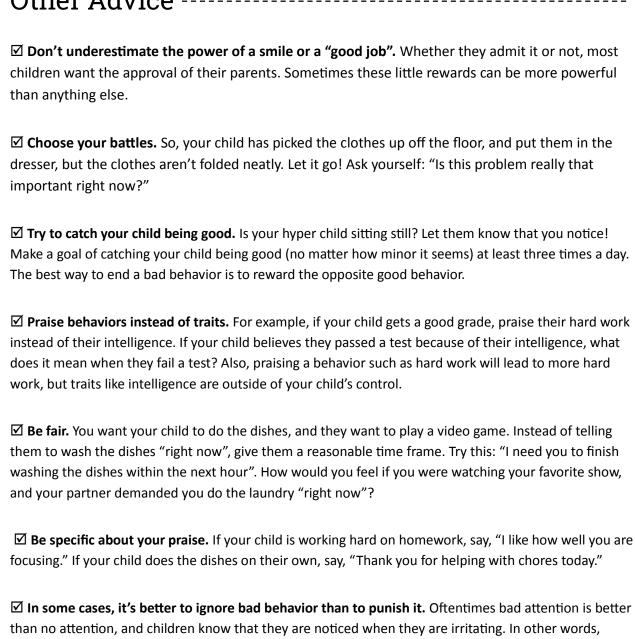
Best Practices

☑ Create a few simple and clearly defined rules and punishments. Children will have a hard to
understanding a long or complex list of rules, and there's no chance for success if they don't k what the rules are.
☑ Always follow through. The threat of punishment will quickly become meaningless if the punishments never actually happen. It's easy to feel sympathetic and let your kid off the hook this is when you need to put your foot down.
☑ Don't overdo it. Many parents have a habit of dishing out extreme punishments when they upset. Grounding your child for a month is as much a punishment to you as it is to your child, a few days, most parents have cooled down, and they're tired of having a bored kid around th house, so they end the punishment early. This tells your child that you don't really mean it wh you threaten punishments.
☑ Don't overdo it (part 2). If you ground a child for a month, or take away everything they ca about, your child will have little motivation to be good. To a child, a month seems like an etern Why should they do their homework if they're grounded "forever" anyway? You've just given of your leverage.
☑ Take away privileges. Removing TV or phone privileges can be very effective.
☑ Never use corporal punishment (not even spanking). Hitting your child might get you what want now, but it will cause trouble later on. Children who receive corporal punishment learn thitting and violence are appropriate response to their problems, and they tend to be more aggressive with other children, and they carry this into adulthood.
☑ Never use emotionally painful punishments such as humiliation. Shaming and humiliating chil can irreparably damage your relationship and cause significant distress that results in long-term consequences.
☑ Don't take away something that's good. If your child calms down by playing guitar, don't to away their guitar when they're angry. If your child is motivated to get good grades so they can on their school basketball team, don't take away basketball.

good if your child doesn't learn from the experience.

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taking the time to talk with and punish your child can be interpreted as a reward in these situations. If

your child's behavior isn't dangerous or destructive, and you think they're just trying to get your

attention, ignore them until they stop