

FAMILY RELATIONSHIPS AND DISCIPLINE

Guidance/discipline vs. punishment

Is there a difference between guidance/discipline and punishment? YES!

Guidance, with discipline techniques, help children learn to think and behave in appropriate, healthy, and positive ways. Guidance and discipline help the child develop inner-control or self-control.

Punishment is what the parents do to stop children from doing whatever the parent dislikes. Punishment usually involves some forceful, painful, physical or verbal action by the parents that stops undesired behavior. Punishment reinforces the child's need for someone else to control his or her behavior. Punishment emphasizes outer-control or other-control.

Common punishments

- ◇ **Physical.** Hitting, slapping, spanking, switching, pinching, jerking, kicking, shaking.
- ◇ **Verbal.** Name calling, shaming, ridiculing, poking fun, swearing, or using put-down words.
- ◇ **Holding back rewards/ Penalizing.** No birthday party, no TV or computer time, cannot go outside, lose allowance, grounding, assigning extra chores or undesirable household tasks.

Physical and verbal punishments are not effective **long-term** methods of guidance. Harsher methods escalate as child ages.

Holding back rewards and penalizing the child may be used by the parent as either guidance/discipline or punishment – depending on **how** the parent uses them.

Effective ways to discipline



► **Separation.** Children can rest or play apart for a time when they irritate each other, fight, squabble, hit and kick. Separation allows a child time to calm down. Then the parent can encourage other ways to get along or solve problems.

► **Behavior Management.** Talk calmly to learn what happened. Talk about ways to deal with the situation. Come to a solution that's agreeable. The child learns to be responsible for his/her own behavior.

► **Redirection.** When children misbehave, stop the behavior, explain why you are stopping their behavior and suggest another activity. Running indoors? Play outside. Throw books? Pick up and read a story or have a beanbag toss with beanbags, not books.

► **Fix it.** When children cause trouble or hurt, expect them to fix it or at least help. Spilled milk? Give them a cloth to clean it up. Break a toy? Ask them to help you fix it.

► **Be Firm.** Clearly and firmly state or demand the child do what needs to be done. Speak in a tone that lets children know that you mean what you say and that you expect cooperation.

► **Keep Your Cool.** When your child misbehaves, treat him or her like you would your neighbor's child. Be kind, but firm when guiding or disciplining children.

Sources: LeFebvre, J. (2005). *Parenting the Preschooler*. UW-Extension. LeFebvre, J. (2005). *Parenting the Preschooler*. UW-Extension. Van Horn, J., Matten, E., Ferry, N. (2003). *Family Time: Strengthen Your Family*, Ages 4-6. Pennsylvania State University Cooperative Extension Service.



Oven Meat Stew

Servings: 8

Calories per Serving: 312

Fat per Serving: 15g

Ingredients:

- 1 1/2 lb. meat (like beef), cut into 1 inch chunks
- 2 med. onions
- 3 stalks celery, cut in diagonal pieces
- 4 med. carrots
- 2 med. potatoes
- 1/2 tsp. dry basil
- 1 cup frozen peas (optional)
- Salt and pepper to taste

Instructions:

Combine ingredients, except potatoes and peas in a 2 1/2 quart casserole. Cover, and bake in 300 F oven for 2 1/2 hours. Mix potatoes and peas into stew and bake uncovered 1 hour longer. Stir occasionally.

Provided by: UW-Extension, Racine/Kenosha Education Program, 1220 Mound Ave., Racine, WI 53404 (262) 635-6824

UW-Extension 3 Session-Workshop for Caregivers

Workshop: **The Importance of Observation**
Dates: **Thursdays, Oct 15, Nov. 5 and Nov. 19, 2009**
Time: **6:00-8:00 PM**
Location: **Auditorium of the Racine County Office Building at Ives Grove**
14200 Washington Ave., Sturtevant, WI 53177
Facilitator: **Tina Ginner** Early Care and Education Consultant

"Observation is the key when assisting young children in their growth and development and crucial when lesson planning."

Registration Deadline: **Oct. 8**

Child Care Providers/Preschool Teachers please pay in-person or mail the completed form with a **\$15** check or money order payable to: **UW-Extension**. Payment is not refundable and must be received by the deadline. If special accommodation is required, notify when registering. To receive certificate, participants must attend all three sessions. No walk-ins the day of the workshop. **UW-Extension office hours: Mon-Fri 8:00—noon / 12:30—4:30 PM**

UW-Extension Workshops for Parents and Caregivers

Workshop: **Become a "Safety Sleuth"**
Date: **Tuesday, Oct. 27, 2009**
Time: **6:00-8:00 PM**
Location: **Auditorium of the Racine County Office Building at Ives Grove**
14200 Washington Ave.,
Sturtevant, WI 53177
Facilitator: **Erin Donaldson**
Safe Kids Coordinator

"Unintentional injury is the leading cause of death among children ages 14 and under!"

Registration Deadline: **Oct. 20**

Workshop: **Hands-on "Bookmaking"**
Date: **Tuesday, Dec. 8, 2009**
Time: **6:00-8:00 PM**
Location: **Auditorium of the Racine County Office Building at Ives Grove**
14200 Washington Ave.,
Sturtevant, WI 53177
Facilitator: **Bev Schumacher**
Learning Props LLC

"Creating books generates excitement about reading and builds literacy and concept skills."

Registration Deadline: **Dec. 1**



Register by calling **(262) 886-8460**. **UW-Extension office hours: Mon-Fri 8:00—noon / 12:30—4:30 PM**. To receive **Registry Credit** or **Verification of Attendance**, please send a **\$5** check or Money Order payable to: **Racine County UW-Extension**. You can also pay in-person before the registration deadline. If you require special accommodations, please notify it when registering. Workshop for adults (no child care provided).

Early Learning News is provided through the Touchpoints Project and is a publication of the University of Wisconsin-Extension, Cooperative Extension, compiled by Barbara Stoffel-Emde, Family & Community Educator and Nelly Martinez, Bilingual Family Projects Facilitator.



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