

# Types of Discipline (Punishments)

## 1. Planned Ignoring:

PLAN to ignore behaviors such as whining, mock crying, temper tantrums, pouting, verbal aggression when they are occurring. Label praise the opposite behavior. Start to pay attention to child IMMEDIATELY after child stops unwanted behavior.

## 2. Natural Consequences:

Help correct immature behaviors. These consequences would naturally happen without any adult intervention. Example: Overslept and missed school bus then child walks to school.

## 3. Logical consequences:

Consequences would occur due to adult intervention. Punishment logically fits the misbehavior. Example: Child deliberately breaks toy then parent does not buy replacement toy.

## 4. Removing privileges:

Should be a privilege that the child likes, often gets, and can be easily removed. Recommended time for removing a privilege: In general, shorter periods are better than longer ones. For example, 24 hours is better than one week. Examples: Playing video games, watching tv or favorite show, having friends over, going outside, riding bike, listening to radio, etc.

## 5. Time Out:

Temporarily removing the child from a stimulating environment or situation. For children that are seeking attention, removing it can be a significant punishment. A time-out is meant to remove the child from a situation where he or she is getting attention for inappropriate behavior.