Consequences vs Punishments: Examples

1. **What is the main difference between the two?** Punishments force compliance and create other misbehaviors, consequences elicit cooperation and better behavior.

✗ Punishments

- Are a form of parental misbehavior- hurt-seeking or power-seeking
- Used to hurt, humiliate, shame, or control
- May force children to comply, but that is just the illusion of good behavior.
- Children avoid you or the punishment instead of changing their behavior.
- Creates a "vs" relationship and continual cycle of misbehaviors like: lying, manipulation, cheating, rebellion, revenge, fighting

✓ Consequences

- Are healthy and respectful responses to necessary overstepped boundaries
- Used to guide children toward healthy routines and structures.
- Are revealed in advance, respectful, related, and consistent
- Children are more willing to cooperate and change behavior.
- Continues to promote a "we" relationship that is loving, secure, and respectful, so all behavior improves long term.

2. EXAMPLES of Overstepped Boundaries

Misbehavior	✗ Punishment	✓ Consequence
Toys being left in hallway	Toy is put away for good	Clean up everyday at ____ time; Can only play with toys ___
Markers drawn on the wall	Child has to go to their room	Helps clean then tries markers again later
On phone past bedtime	Take phone until you decide to give it back	Phones go on chargers in kitchen at night for a week
Home after curfew	Grounded for two weeks	Discuss, try earlier time; take a break until more responsible

If you are seeing misbehaviors like disrespect, defiance, or laziness, consequences DON'T work. Check out Episodes 3-4 for other solutions.

3. HOMEWORK!

1. Think of a problem behavior you are dealing with right now. Is it a necessary overstepped boundary? If so, what behavior are you trying to instill? What could be a consequence is related and respectful that you can enforce consistently? How can you reveal it in advance?

2. Think of a punishment you use most often. Is that because you feel hurt or powerless from that behavior? Or because you just don't know what else to do? How can you change it into a Connected Consequence?