

Punishment Worksheet

It's important to identify when some of our behaviors are not supporting positive behavior change for our children. Punishments typically fall under this umbrella because punishments do not teach our children the correct behaviors!

Here are some examples of punishment and alternatives to that punishment:

- Taking away TV time when a child talks back is a punishment. It may be more helpful to set up a reward system that rewards them for accepting no, having a positive attitude, and using an appropriate tone of voice. Reward them for what you WANT to see them do!
- Making our child do extra chores when they forget their homework at home is a punishment and it is not teaching them the skill of putting their homework in their backpack after they complete it. Reward them for placing their homework in their backpack after completion on a daily basis.
- Sending a child to their room when they are crying is a punishment. However, there are times when a child might just need time to cool down so it's important to ask yourself if you are sending them to their room because YOU don't want to deal with it or is it because it will help THEM deal with it. If one of your child's coping skills is taking a break, reward them for going to their room to take a break. If it's not one of their coping skills, reward them for taking a deep breath or for asking for a drink of water.
- Yelling "NO!" when a child takes a toy from someone's hands is a punishment. This does not teach them to ask to play with the toy when the other child is done. Reward them for asking or for waiting their turn.
- Taking a toy away when two children are fighting over it is a punishment. If you want to see two children stop fighting, teach them the skills to do so! This might be rewarding them for asking for a turn, for accepting no, for waiting, or for simply finding something else to play with.

Remember: The key here is to reward for behaviors YOU WANT TO SEE rather than punishing behaviors that you don't want to see! When you see a negative behavior, pause and think about what you would rather see them doing and think about whether you can implement a reward system like a marble jar, sticker chart, point system, etc. so that you can quickly reward them in real time throughout the day.

