

Rewards, Praise, Sticker Charts, Timers & Other Distractions

- Eventually lose effectiveness
- May bring temporary “obedience” but not long term change
- Teach kids to be externally not internally motivated
- Can be discouraging since they are controlled by adults
- Interferes with self esteem - sense of capability
- Devalue or degrade the importance of the task



Punishment

What have you tried?
What message does it send?

Discipline needs to be:

Related to the problem
Reasonable

Teaching improved communication
Modeling change toward the future self

