

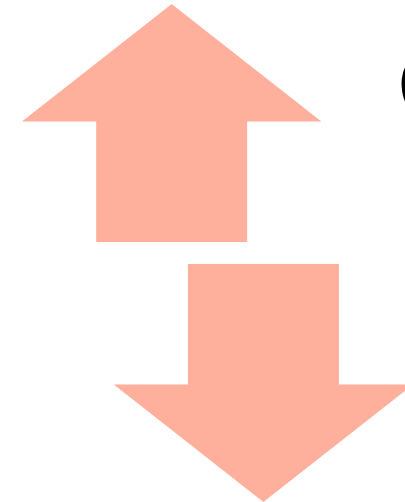
# The Do's and Don'ts of Discipline

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# What is behavior change?



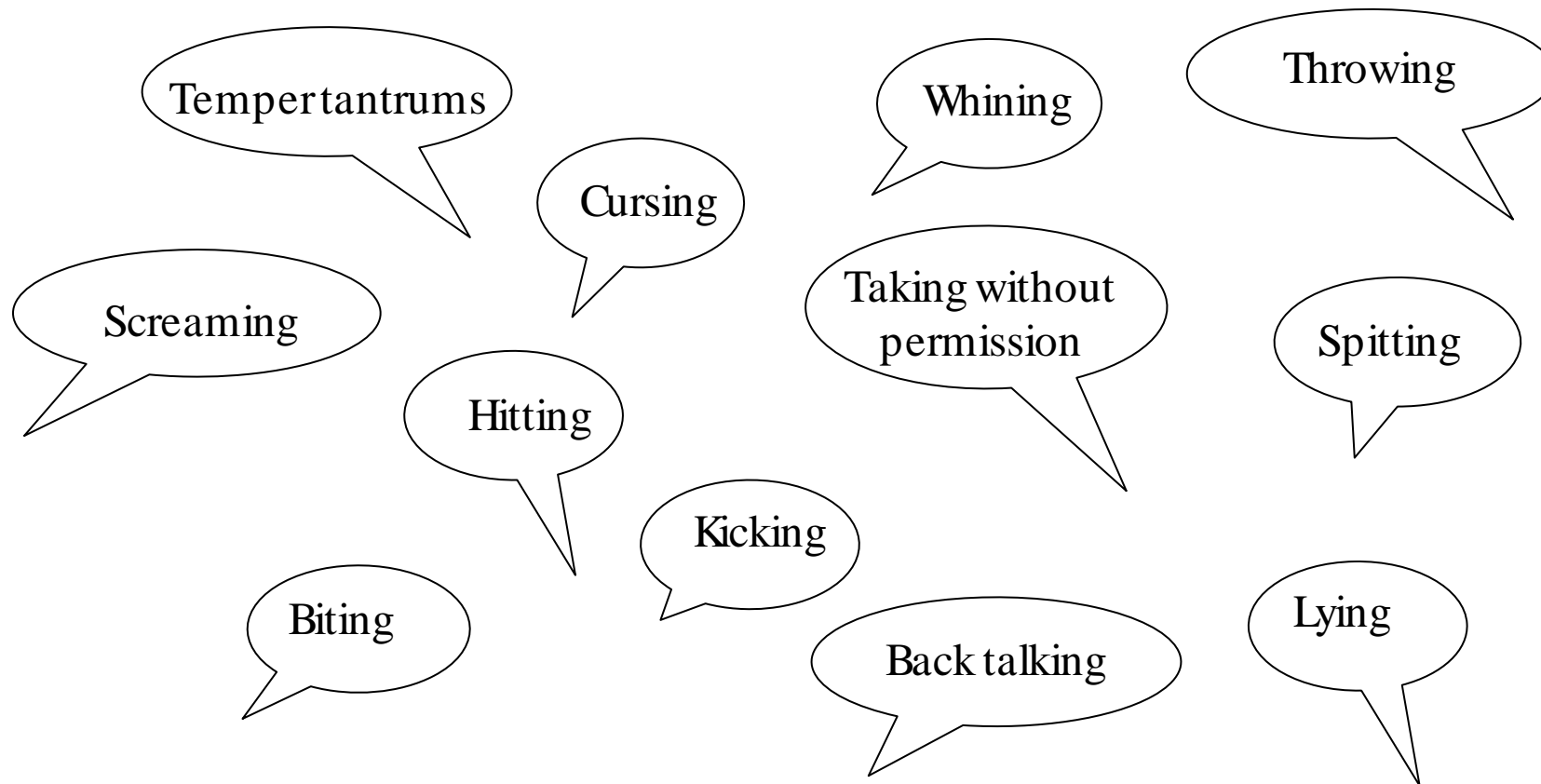
Changing behavior is like tending a plant!



Growing

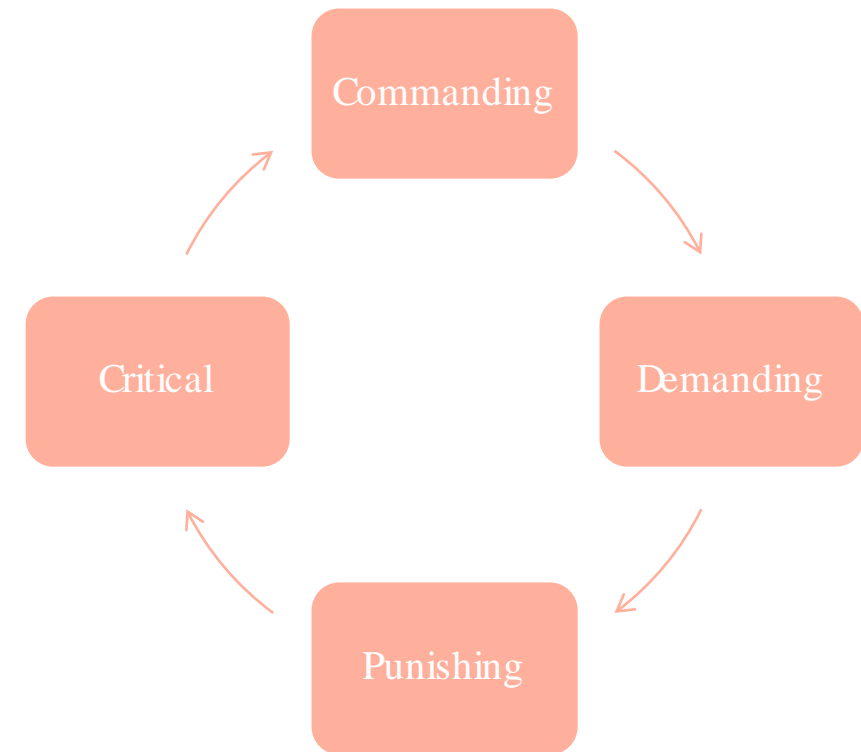
Pruning

# What are we trying to do as parents?

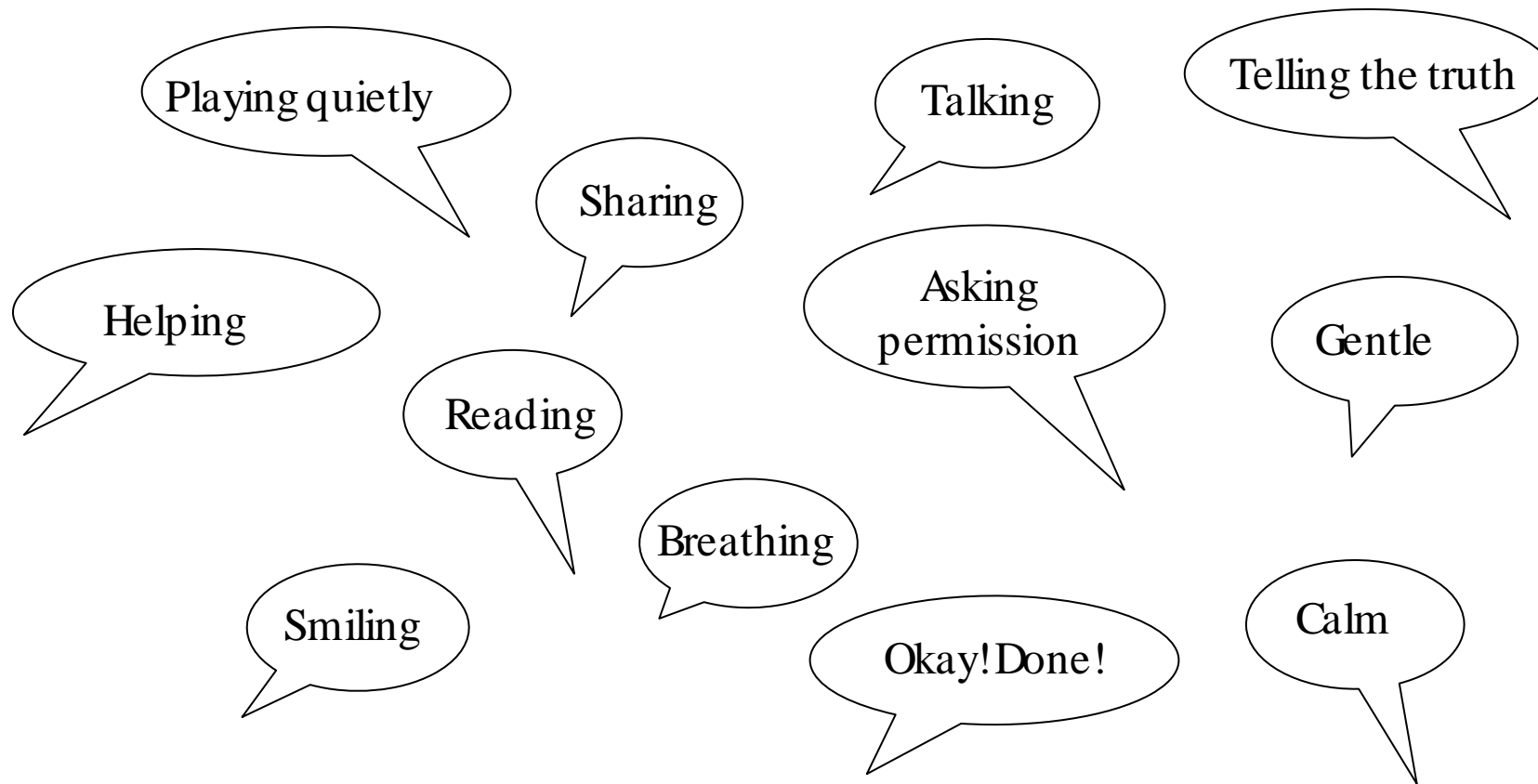


# Too much pruning!

Sometimes families over-focus on the discipline strategies: too much time-out, too much removal of privileges, too much:



# What are we trying to do as parents?





# Foster growth!

Sometimes families forget the essentials: kids need nurturance, praise, time/attention, coaching, validation.

These are the sunshine and water and soil!

Plants **NEED** these, more than pruning.

Kids **NEED** this, more than consequences.



Some plants need  
more than others...

# Changing Behavior Requires:

## Growth (Reinforcing Interventions)

Special Time

Praise

Rewards

Validating Emotions

Taking away Aversives

## Pruning (Punishment Interventions)

Time Out

Removal of Privileges

Ignoring

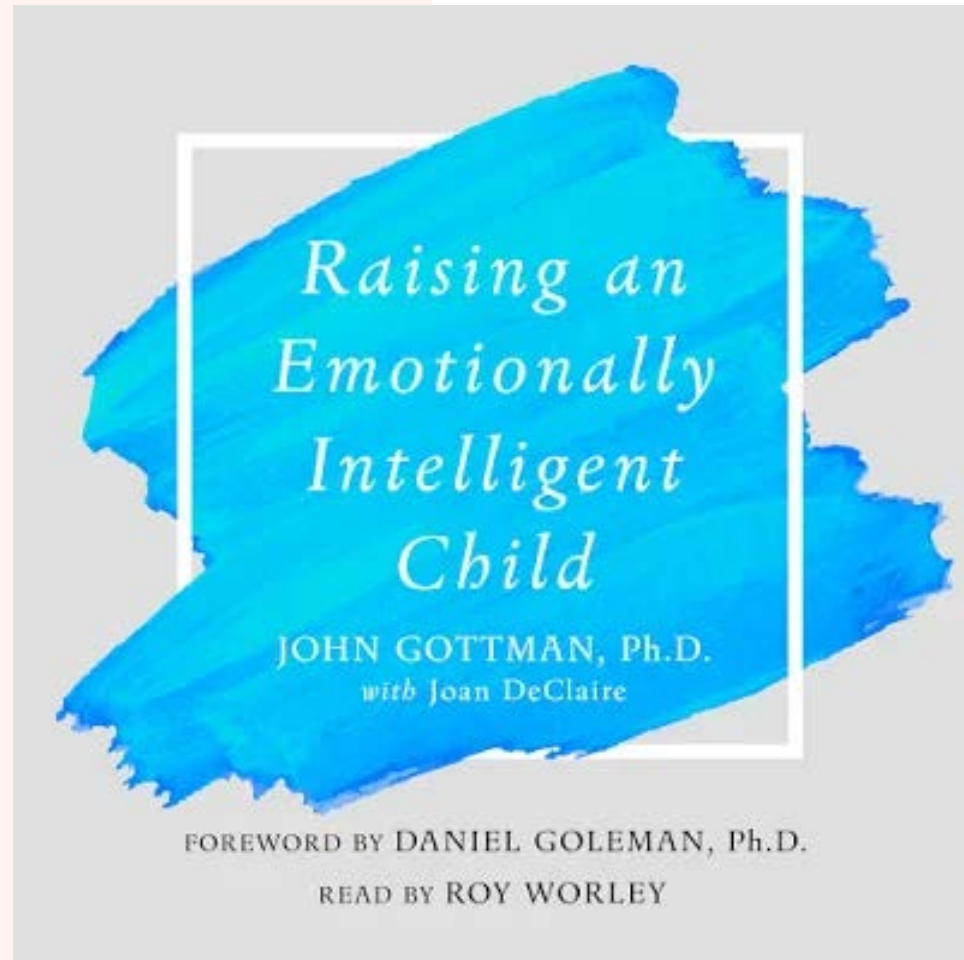
Overcorrection

Family Service

**PCIT: MASTER THESE!**



# Growing Behaviors



# EMOTION COACHING

**5:1**

# Emotion Coaching

1

Be aware of  
your child's  
emotion

2

Recognize your  
child's expression of  
emotion as a perfect  
moment for  
intimacy and  
teaching

3

Listen with  
empathy and  
validate your  
child's feelings

4

Help your child  
learn to label  
their emotions  
with words

5

Set limits when you  
are helping your child  
to solve problems or  
deal with upsetting  
situations  
appropriately

# Emotion Coaching Phrases

It's okay to be upset – it's good to let it out.

I hear you. I'm here for you. I'll stay with you.

It's okay to feel how you feel. It's not okay to (hit, punch, break things).

How you feel right now won't last forever. It's okay to feel how you are feeling. It will pass and you will feel better again.

Let's take a breath, take a break, sit down, pause for a minute.

I'll be close by when you need me.

# Three Golden Rules of Emotions

- Emotions are temporary
- We always experience more than one emotion at a time
- Emotions aren't good or bad - they're necessary!





*Taking Away Aversives or  
Negative Reinforcement*

# Negative Reinforcement – Grow Behaviors in Creative Ways!

Negative = Take away or Remove

Reinforcement = Grow behaviors!

- You helped so much during dinner. I'll do the dishes tonight!
- You really shared nicely all afternoon. I'll play with your brother so you can have some alone time.
  - You sat down right away to get started on work. Free homework pass for the weekend.
- You got ready and in the car right away. I'll turn off my music in the car and you can pick the songs.
  - You cleaned up all your toys right when I asked. I will put away all of the laundry for you.



A close-up photograph of a person's hands pruning a succulent plant. The person is wearing a blue and white plaid shirt. The succulent has thick, fleshy, light blue-green leaves. The background is blurred, showing more of the plant and the person's torso. A semi-transparent orange rectangular box is overlaid in the center of the image, containing the text "Pruning Behaviors" in a dark serif font.

# Pruning Behaviors

# Overcorrection – Practice!



## Slamming doors

Yesterday, when you were mad you slammed the door really loud.

Open and close the door gently ten times.



## Stomping feet

I know you were frustrated because you were stomping.

Let's practice walking gently while using a calm voice for two minutes.



## Hitting

Hurting others is never okay, even when we are mad or sad or hurt.

Take five deep breaths now so you can remember for next time.

# Family Service



## Stealing

You must return what you took...

...and do a job from the job jar.



## Lying

Tell me what really happened and...

...do one act of kindness for your grandmother.



## Breaking

You must replace the item...

...and make some thing or clean something additional at home.



# Parent-Child Interaction Therapy

PCIT is born directly out of these ideas – enhancing some behaviors while reducing others. It gives parents a blueprint, a manual, a script, a gardening kit → GROWING and PRUNING behaviors with a very, very specific plan!