

# Discipline

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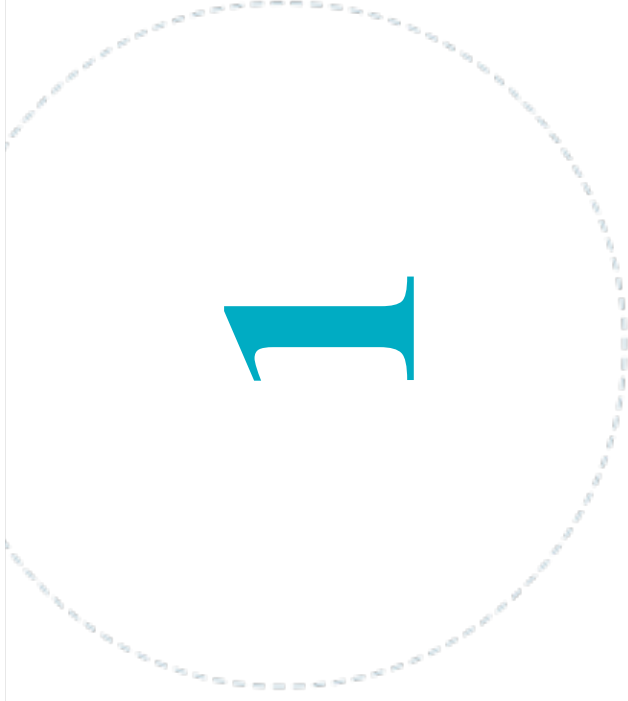
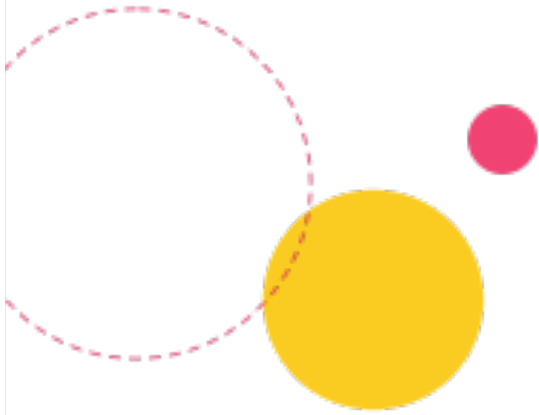


## Outline

- Pick Your Battles
- Consistency
- Alternatives to Physical Discipline
- Time-out



**You can do this!**



## Pick Your Battles

When to follow-through and when to let  
it go



# What do I do?



Annoying/Bothersome  
Dangerous/Destructive



We are all stressed. How do we know when to handle disruptive behavior and when to ignore it?

# Annoying or Bothersome?

## Examples

- ☉ Whining
- ☉ Yelling
- ☉ Crying/tantrum/fit
- ☉ “Dragging their feet”

## First Ask:

How do I feel?

Do I feel capable of handling this calmly?

Do I have enough energy to handle this?

I can do this!



Discipline (room, time-out, remove privilege)

I just can't do this right now...



Ignore and/or Redirect

# Dangerous or Destructive?

## Examples

Should **ALWAYS** be addressed:

How do I make sure I am calm and composed?



Hitting

Kicking

Biting

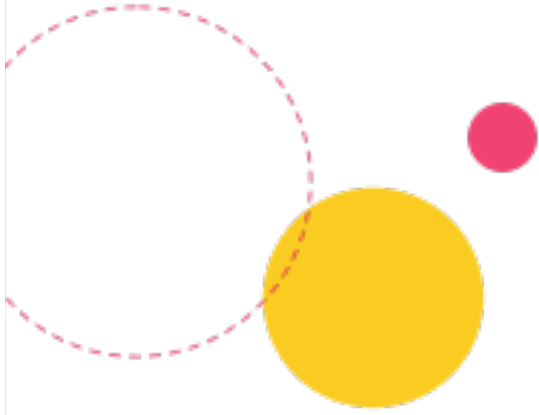
Breaking things

Create a routine and stick to it!

Remove item/child from room

Get help from a spouse/partner/other adult if needed/available

Everyone on the same page



# Consistency

Transforming from a rubber band to a brick wall





## Am I a Rubber Band?

Bend and flex depending on mood

For a certain behavior sometimes:



Calm vs. Upset



Follow-through vs. Let it go





## Am I a Brick Wall?

Always/Majority of the time:

Calm

Follow-through

**NO ONE** is perfect – but trying for  
consistency is a good goal!

Either: give in right away or go all the way.



# Alternatives to Physical Discipline

Showing strength by remaining calm



A decorative graphic consisting of a dashed grey line that forms a wide, shallow arc across the page. Several solid-colored circles of various sizes are scattered around the arc. From left to right, there is a large yellow circle, a small red circle, a large orange circle, a small teal circle, a large teal circle, a small pink circle, a large orange circle, a small red circle, and a large yellow circle.

“

My child needs to show me respect.  
I can't let my child get away with this.  
My child's behavior is embarrassing.  
I was whopped as a child and I turned out  
ok.

## Things to Consider...

### **Mood**

When we are stressed, we may have bigger emotional and physical reactions

### **Effects on Parent-Child Relationship**

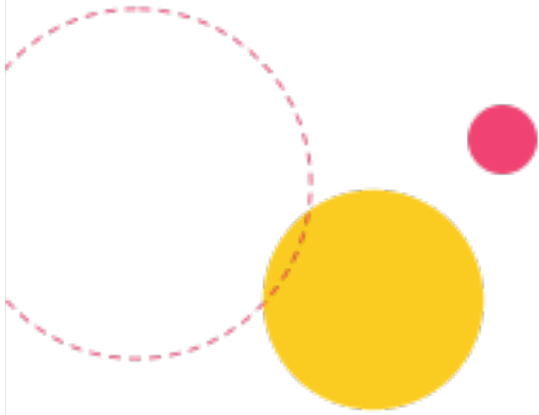
Children are more disrespectful, avoidant, less responsive to parents efforts to teach them how to behave properly

### **Long-term Outcomes**

Physical punishment leads to more problem behaviors (not less)

### **Modeling**

Teaches child that using force is the way to handle frustration



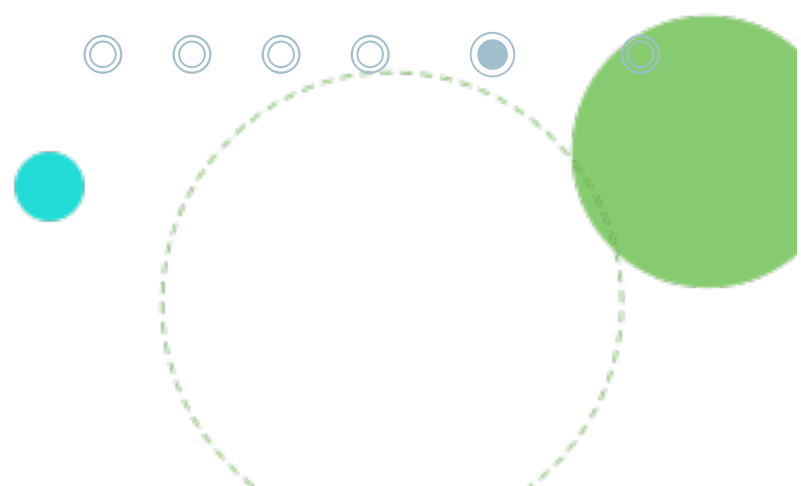
# Time-out

## Taking a break from the fun





## How to Conduct Time-out

- If child does not listen to a command you have issued, place them into time-out
  - Safe time-out chair (wooden, without handles, not easily tipped over)
  - Time-out chair in a quiet place (without distractions/away from tv)
  - Have child sit for 1-3 minutes + 5 seconds of silence
  - If child is too upset/unable to stay in seat, have them go to a safe room for 1 minute + 5 seconds of silence (e.g., their room) while you wait
    - Always return to the time-out chair when child has calmed down in room
  - Once time on the chair is successfully completed, child completes original command
- 

# Thanks!

## Any questions?

You can find me at [quetsch@uark.edu](mailto:quetsch@uark.edu)



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