

## Discipline Techniques that Often Backfire

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- Embarrassing
- Humiliating
- Spanking (physical punishment)
- Taking away favored things
- Punishing psychologically
- Engaging in power struggles
- Rewarding misbehavior
- Giving in to undue commands
- Allowing child to manipulate adult
- Saying what you don't mean
- Expecting child to read your mind
- Making child feel guilty
- Repeating commands
- Pleading, begging
- Ordering
- Nagging
- Labeling
- Arguing
- Threatening
- Being vague
- Fussing
- Being inconsistent
- Losing your cool
- Allowing dangerous, destructive, embarrassing behavior to continue

