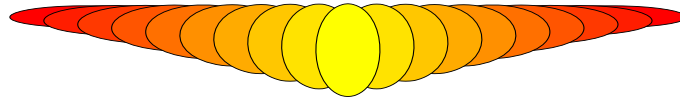


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## Ten Questions to Ask Before You Punish

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1. Will this punishment teach my child better decision-making skills?
2. Does this punishment change the misbehavior?
3. Does this punishment reduce the need for more punishment?
4. Am I getting angry when I punish?
5. Is this punishment part of a plan? Do I use it impulsively?
6. Am I getting even? Will this punishment humiliate or embarrass my child?
7. Am I being consistent?
8. Will I follow through immediately (except when I am angry)?
9. Is this punishment reasonable and fair?
10. Have I tried positive remedies first?

