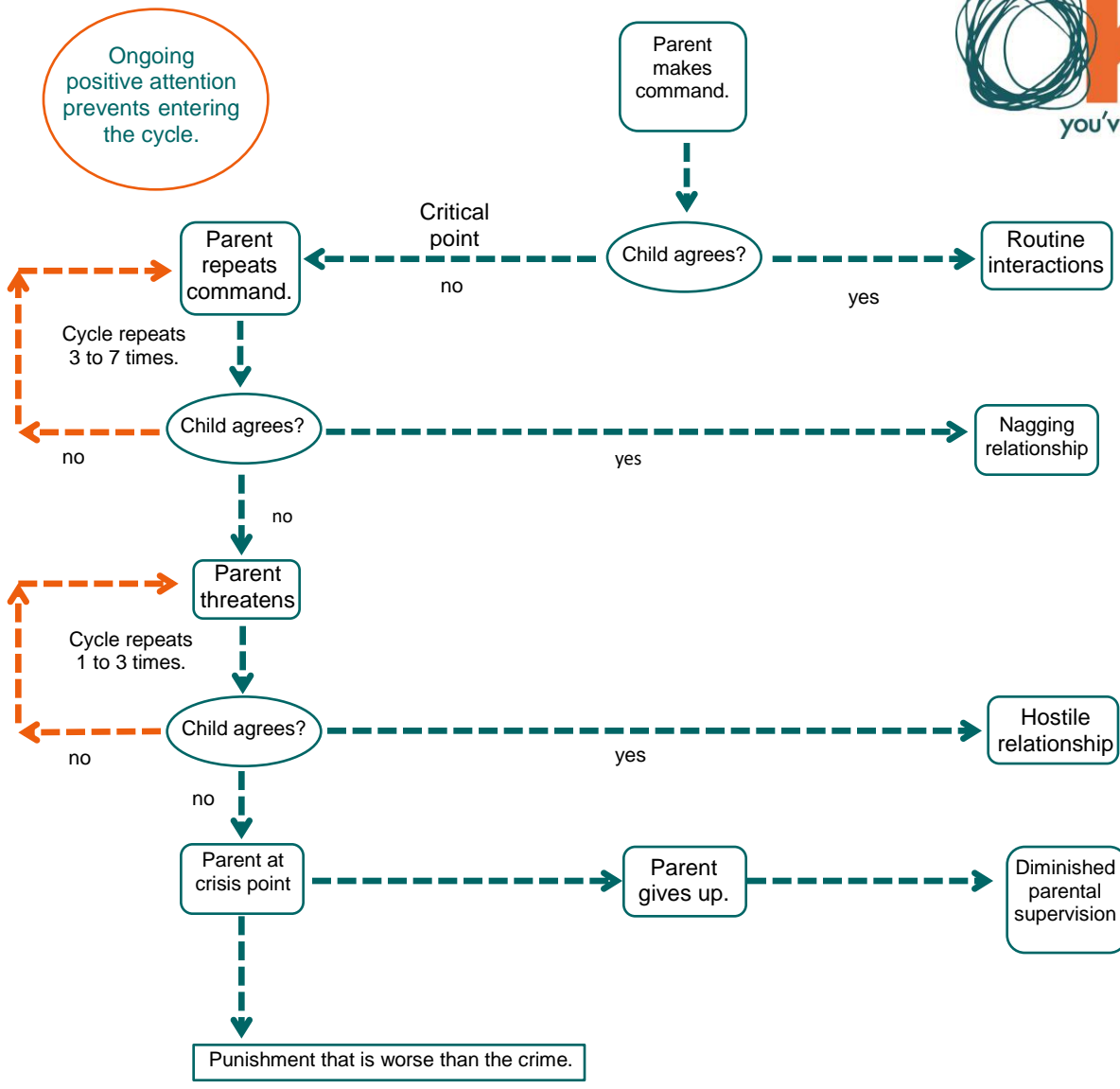


Discipline Cycle



Adapted from Barkley RA. *Hyperactive Children: A Handbook for Diagnosis and Treatment*.

From an early age, children should learn that certain misbehaviors bring unwanted consequences. The consequences should appropriately fit the crime. When parents have to discipline by using a punishment, it should be reasonable and related to the offense so that children understand the direct consequence. A consequence that is unrelated to the offense takes their focus off the misbehavior and prevents them from thinking about how to correct it. They become defensive or feel like victims. Overly harsh or arbitrary punishments send the messages, “You aren’t in control. We, your parents, control what happens to you. There’s no logical connection between your actions and consequences.” The Discipline Cycle pictured above illustrates the flow of communication and patterns that typically emerge when parents try to guide kids towards a safe behavior, get them to adhere to safety rules, or contribute to smooth operations of the home.

From *Building Resilience in Children and Teens* by Dr. Kenneth R. Ginsburg