



Differential Discipline

"Fair is not equal. Fair is meeting the needs of every student."

Joelle van Lent, Psy.D.

Top 10 Tips for effective discipline:

1. Discipline is a teaching interaction.
2. A sense of belonging inspires compliance to the norms and rules of a group.
3. Shame is counterproductive. (Brene Brown)
Shame is about character & Guilt is about a behavior
Shame diminishes engagement & Guilt can motivate a positive shift
Shame is "I am a mistake" & Guilt is "I made a mistake"
4. Punishment can be counterproductive. Effective discipline includes:
Regulate, replace, (repair) & return to routine
5. Developmentally sensitive approaches: Co-regulation versus Self-regulation
6. Praise can be tricky!! Keep it brief, subtle, and specific.
7. Engage the children in setting the norms and externalize the problem.
8. Our greatest resource is the other children & the community.

*The problems of any member of a community
are the responsibility of every member of a community.*

9. Separate behavior from character. Take a leap of faith!
10. Engage in a way that promotes positive identity development:

"When you own your story, you get to write the ending." (Brene Brown)