To Discipline Effectively:

- Deliver punishment immediately after an undesirable response occurs.
- Give moderate levels of punishment (i.e. not too low or high).
- Punish the undesirable behavior not the person.
- Use punishment consistently across situations
- Punish everyone equally for the same infraction.
- Clearly communicate the reasons for the punishment given while showing dignity and respect.

*Do not follow punishment with non-contingent rewards*