

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

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