Jacey Shipley

Mrs. Ippensen

Persuasive Writing

5 April 2014

As a teenager and throughout growing up I have personally dealt with having to deal with the consequences of my actions and the results evolving in a punishment from my parents. Most children have to deal with the unpleasantness of the disciplinary action from their parents. First, I will talk about the different actions or ways parents discipline their children, second I will discuss the reasoning behind why parents have a difficult time disciplining their children, and finally I will state the benefits of punishing kids when they have misbehaved.

Throughout babysitting I have learned that timeouts and talking to kids about how their actions were wrong are the best ways to deal with kid’s bad behavior. By being a kid and a teenager I have learned how unpleasant it is to deal with punishments from parents, but what methods are the best. I would love to not be grounded and having things taken away.

First talking about different ways parents punish their kids. One of common ways parents punish their children is using short term consequences such as timeouts or early bedtimes or nap times and the temporary removal of specific pleasures, like toys, games, TV shows or sweet treats. Ask Dr. Sears, an online resource for parenting tips, advises that timeouts should only last approximately one minute per the child’s age. Parents should use a timer or buzzer to signal to the child when her time is up. Parents should always accompany any type of disciplinary action with conversation so the child understands why she or he is being punished and what behavior is expected of her going forward. I believe strongly in talking to kids after putting them in a time out to explain why they are there and what I accept going forward. Long-term consequences are also used by parents but typically given to older kids and teens who need to experience the lasting effects of their choices. Disciplinary actions can include, for example, not allowing teens to continue jobs or extra-curricular activities until they bring up their grades or pitch in more around the house or the restriction of a car or social privileges until a teen consistently meets curfew on time. Other parents take away a teen’s cellphone or computer or removing a TV or video game system from his or her room until his or her behavior improves. Some parents choose to discipline their children by refusing to shield them from the natural consequences of their own behavior. If a teen keeps “forgetting” to put his clothes in the hamper, for example, the consequence would be that his mother “forgets” to do his laundry. If the teen wants clean clothes, he will have to adjust his behavior. Some parents choose to use corporal punishment as disciplinary action, such as spanking or hitting. Although corporal punishment might stop the undesired behavior immediately, it can lead to increased aggression in children, lower academic performance, depression, antisocial behavior and a poor parent-child relationship (How to Discipline).

Next, discussing the reasoning behind why parents have a difficult time disciplining their children. Parents sometimes feel guilty when kids have had to endure rough times, such as a divorce or being bullied at school. I understand this guilt throughout babysitting I hate putting kids in timeouts, because I just want them to have fun. It’s natural to feel bad, after all, who wants to see their child hurt? However, allowing misbehavior to slide isn’t the solution. In fact, stressed out kids often need discipline more than ever to help them feel assured that you’re able to keep them safe by setting limits. Parents also use the excuse he or she didn’t mean to kids shouldn’t be disciplined for accidentally spilling a glass of milk, but they can take responsibility for their actions by helping to clean it up. Allowing too much leeway because something was an “accident” can prevent kids from taking responsibility for their behavior. If you decide, “He didn’t really mean to push his brother that hard,” and excuse it, he’s likely to learn he can talk his way out of things by using the “It was an accident” excuse. Another excuse that used is “kids will be kids” there is certainly such a thing as normal misbehavior. However, it’s important to distinguish between normal and abnormal child behavior problems. Allowing kids to get away with misbehavior by chalking it up to “normal kid stuff” can be detrimental if you’re letting your child get away with too many behaviors (Unhealthy Reasons).

Finally, the benefits of punishing kids when they have misbehaved. Discipline, including punishment, tells children that parents are in charge and sets boundaries that teach kids valuable life skills, reports Healthy Children. Often children feel guilt when they do something bad and an appropriate punishment can ease that guilt and teach children how to avoid a similar situation in the future. Having toys taken away, for example, teaches children to take care of their belongings. Healthy Children also recommends that parents only punish a specific bad behavior in order to maximize the benefits of children learning from their mistakes. Punishing outside the scope of a specific behavior does not ease guilt and can make a child feel worse. Learning from mistakes takes parental guidance and appropriate punishments so the child can learn and grow. Most parents don’t like the disciplining their children but the positive benefits that punishments have on children can outweigh the negatives. (The Advantages).

In conclusion, I talked about the different actions or ways parents discipline their children, second I discussed the reasoning behind why parents have a difficult time disciplining their children, and finally stated the benefits of punishing kids when they have misbehaved. When first writing this paper I believed I was going to disagree a lot with the recommended punishments provided from specialists, because I don’t want to believe being grounded is for my own good. What the research taught me was what those punishments I have endured have made me better person today.

Works Cited

"The Advantages of Punishing Children for Bad Behavior." LIVESTRONG.COM. LIVESTRONG.COM, 04 Feb. 2014. Web. 21 Apr. 2014.

"Disciplining Your Child." HealthyChildren.org. N.p., n.d. Web. 21 Apr. 2014.

"How to Discipline Young Kids Effectively: 4 Steps Every Parent Can Take." Empowering Parents. N.p., n.d. Web. 21 Apr. 2014.

"Skip Menu." Discipline for Young Children. N.p., n.d. Web. 21 Apr. 2014.

"Unhealthy Reasons Parents Avoid Disciplining Children." About.com Discipline. N.p., n.d. Web. 21 Apr. 2014.