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Some people consider punishment an effective method for upbringing of well-behaved children as opposed to some other ones who strongly believe there is no use punishing young children whatsoever.

The former group, might have faith in the saying which goes “spare the rod, spoil the child.” The latter, on the contrary, discusses there are ways more reasonable and beneficial alternatives to bringing up a child who is confident, courteous and successful. To my mind, moderation is usually the best course to take.

Believing in imposing out-punishments, the first category draw attention to this fact that children should receive punishment for their misbehavior and disobedience lest they grow up tactless and unsuccessful. To put it simply, imagine a situation when a child should make a decision between hanging out with their-his/her friends and studying for their upcoming exams. The responsibility lies with both parents and teachers as to how children would behave in such important conditions. Nevertheless, it is worth stating the fact that inflicting corporal punishment is not an iota of an accepted strategy.

When it comes to the alternative strategies, it is worth mentioning although there is a wildly held belief that there is not merely one effective approach to raise-raising a child, evidence-based research suggests some healthy discipline strategies to parents such as giving consequences and calling a time-out.

To bring the first approach to light, consider when your child resists collecting their toys from the floor and you tell them if they don't listen to your commands, you will take their toys away for the rest of the day. This situation was an example of giving consequences to children.

Another strategy is calling a time-out, that is to say, when children disobey rules they should go to a time-out and come back when they feel ready and in control.

However, it is important to memorize that not only could harsh and strict punishments render the child unconfident and much too wary, but also it prevents the child from experiencing new activities and situations.

The main conclusion to be drawn from this discussion is that it is incumbent upon parents to raise well-bred children, hence the importance of learning positive discipline strategies and establishing a fine balance between punishing and rewarding our children.