



# 2 minute drill

*for parents*



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monthly tips from Positive Coaching Alliance

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## The futility of punishment

Punishment eats away at motivation. When kids are yelled at, their emotional energy is used up being angry or feeling sorry for themselves. Punishment may stop behaviors, but rarely leads to new ones. It takes positive reinforcement and recognition to get a child to try something new.

The Emotional Tank is a key concept in getting kids to improve. Everyone has an Emotional Tank, like the tank in a car. When your tank is empty, you can't drive very far. When a child's Emotional Tank is empty, you are not going to get his/her best effort. Fill Emotional Tanks with a Magic Ratio of five specific truthful praises for every specific, constructive criticism.

adapted from *Positive Coaching in a Nutshell* by Jim Thompson



for more *Positive Coaching in a Nutshell*, please visit  
[www.NutshellBook.org](http://www.NutshellBook.org)