

Welcome to the Science of Parenting. I'm Lori Hayungs. Human Sciences Specialist in Family Life for Iowa State University Extension and Outreach.

Welcome to January 2017. Our *Science of Parenting* team wanted to take just a moment to say 'thank-you'. Thank-you for continuing to spend time with us here on our blog. Thank-you for sharing your thoughts and ideas with us and thank-you for supporting our efforts to provide research based information for parents. We appreciate the messages you have sent us throughout the year and we look forward to sharing more time together with you in 2017.

This fall the Science of Parenting team spent time reviewing the topics covered in the past and what we envision for the future of the blog. We are excited about sharing some new changes/additions with you in the upcoming year. We plan to share more research that is happening right here on the campus of Iowa State University. Our amazing faculty, staff and students are researching fascinating areas of parenting and we want to share that research with you. We have lined up additional 'guest bloggers' and are exploring ways to increase our ability to engage with you.

Speaking of engagement, if you haven't subscribed to receive emails when we post new items to the blog, I would suggest doing that now. Just type your email in the right hand box that says Subscribe. Trust me, you aren't going to want to miss even one post! By the way, do you 'tweet'? Join us on Twitter as well at @scienceofparent. Blog posts automatically get tweeted out but our team also shares additional tips and ideas between blogs posts as well.

Now that I've caught you up on our plans and ideas, we decided to start 2017 off with a topic that several of our faculty are currently researching. Punishment vs Discipline.

What's the difference you might be asking? Great question. Let's start with the word punishment. According to Merriam-Webster the word 'punish' means: To impose a penalty on for a fault, offense, or violation. To inflict a penalty for the commission of (an offense) in retribution or retaliation. To deal with roughly or harshly. To inflict injury on.

The word discipline has the following definition from the same source. It means: Instruction. Training that corrects, molds, or perfects the mental faculties or moral character. Orderly or prescribed conduct or pattern of behavior.

When it comes to raising children, we often find parents confused on what do to when it comes to punishment or discipline. In looking at the definitions, we see a stark contrast in the two words. Punishment-to inflict injury on versus discipline-training that corrects.

This month at the Science of Parenting we are going to dive into those two words and review the research that has been done by faculty and students right here at Iowa State. We will hear from them about that research as they guest blog with us. We will share ideas on how to apply the topic to our daily parenting life. As always we invite you to send us messages and ideas about your experiences.

So join us this month as we uncover more about punishment vs. discipline.