

Difference between Reward and Bribe | #GetSetParent

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SUMMARY

Dr. Palivirao Chaturvedi discusses the critical differences between rewards and bribes in parenting, emphasizing that while rewards encourage positive behavior, bribes reinforce negative behavior. Understanding these distinctions can help parents foster a healthier relationship with their children.

- *Rewards recognize good behavior, while bribes are offered to stop bad behavior.*
- *Rewards can be surprises, whereas bribes often occur in response to a child's tantrum or misbehavior.*
- *The emotional context of giving a gift can help differentiate between a reward (positive feelings) and a bribe (feelings of duress).*
- *A child's feelings upon receiving a gift are telling: pride indicates a reward, while a sense of power indicates a bribe.*
- *Rewards should be a parent's decision and not negotiated, while bribes often involve bargaining.*
- *Positive reinforcement boosts self-esteem for both children and adults, promoting a healthier dynamic.*

hey everyone my name is dr palivirao chaturvedi i'm an early learning expert and a parenting coach today i thought we'll talk about two words which sound almost similar and are considered to be twins but actually there's a huge world of difference between them i'm talking about rewards and bribes these are parenting tactics that we all use and today i'm going to give you four ways to recognize the find difference between a reward

which is a positive parenting tactic and a bribe which is a negative tactic and should be completely avoided so let's check out the four ways point number one rewards are offered to recognize good behavior for example if a child has done all his homework very well or has helped you clean the kitchen or lay out the table you can reward the child however a bribe is offered to stop bad

behavior so if you say you know stop screaming at your younger sister then i'll give you a chocolate that is a bribe and not a reward number two rewards can also be surprises so you know you go shopping to the mall and you suddenly stop at a toy store and get your child one or two toys that can be considered a reward but a bribe if your child is kicking up a ruckus in the mall refusing to cooperate that would be

considered a bribe and is avoidable point number three how does the act of giving your child a certain gift make you feel that can help you distinguish whether it's a reward or a bribe so if you feel happy if you feel positive giving the present to your child it is a reward but if you feel you're doing it in duress in desperation you don't know what else to do so you say you know just take this

teddy bear and be happy that is a bribe so your feelings regarding giving the toy to the child can help you distinguish between a reward and a bribe point number four a very important distinguishing factor is how does the child feel upon receiving the present so if a child feels proud and feels that he or she has earned it after a good amount of effort then it is called a reward it's also important to know that giving

a reward is the parent's decision and it cannot be negotiated so if you tell your child that if for a week your room is absolutely clean and you're independent in doing all your household chores you will be rewarded with screen time or you know an extra game that would be a reward on the other hand if the child comes and tells you if i clean my room will you give me that playstation then it is a bribe all right so when a child

feels proud it is a reward if the child feels powerful and makes you feel under duress it is a bribe dear parents even as adults we enjoy those little rewards don't we so whether it's a hike in salaries a great appraisal or a little bit of recognition from our family and friends for a job well done makes us feel proud and increases our self-esteem the same happens to children as well so be generous in your verbal and non-verbal rewards to

your child on the other hand you know a this for that approach can set you down a path which is always going to be about negotiating and bargaining with your children and can be very dangerous in the long term as well so i hope this video on recognizing the subtle differences between rewards and bribes is going to help you greatly dear friends hope you really liked this episode do like share and subscribe and follow me on instagram and facebook as well to

stay tuned to some regular parenting updates and learning updates see you soon bye