



Do's And Don'ts Of



# Grounding Children



Let them know about the conditions and consequences beforehand and make them understand why they are being grounded



Keep short-term rewards instead of long-term goals to motivate and reward them



Don't go overboard with restrictions. Stripping them from their basic needs or fun activities may make them resentful



Ask for their opinions and thoughts on their actions to know how they perceive their behavior



Don't extend the grounding period for so long that it affects their mental health



Try not to completely devoid them of their phones as they may need them for schoolwork



Give them a chance to reduce the punishment, and remember to be empathetic without judging them

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Source: [https://www.momjunction.com/articles/grounding-kids-reasons-side-effects\\_00745937/](https://www.momjunction.com/articles/grounding-kids-reasons-side-effects_00745937/)