



Stop, Wait, Go

FACTSHEET

www.stopwaitgo.net.au

SLAPPING AND HITTING

Is hitting an acceptable strategy to use when disciplining children?

There are many effective ways to teach children discipline that do not require physical punishments like hitting. As parents we are aiming for children who are self-disciplined. Clearly that doesn't happen overnight. But if we focus on the teaching of self-control that comes from within, the child learns the values and beliefs that are important. Values such as consideration of the feelings of others as this promotes a harmonious society, being part of a team has responsibility because that makes teams work, manners are necessary and help to invoke respect.

Mostly, self-discipline comes from the role models within our family. Do I role model being in control of my anger, to be respectful of the feelings of others, even when mine differ? Or do I lie, cheat, hate, over indulge, consider only myself and lack the skills to solve problems. Parents teach their children through their own behaviour. This is much more powerful than physical punishment or smacking which puts the focus on the behaviour that you don't want.

That does not mean that children will never misbehave. You might still have occasions where you want to scream or hide behind the supermarket shelves and pretend that the child is a stranger to you.

Children make mistakes. When children are stressed, feel unloved, are tired, bored, sick, unhappy, worried, angry, sorry or upset their brain is not efficient in helping them control their emotions and solve problems. This is when they misbehave.

Be proactive, **TEACH** children the behaviour that you want, use sound strategies that are used consistently and demonstrate self-control. Prepare your children for what is going to happen, consider what needs to happen to make it successful for you and the child. Have activities to keep them interested, role model prior to events

"when we go to the doctors we will wait and sit quietly, then we will go into the room and the doctor will ask you some questions. When we are finished we can have a treat. What would you like to do?"

Praise and encourage when they get it right, even the approximations, "Good try!"





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Do your parenting methods play right into the hands of paedophiles?

Does your parenting style teach that it is okay to force others to do what you want through fear and aggression? Did you know that paedophiles are usually known to their victims, they are usually not strangers? Did you know that paedophiles groom their victims and choose those who are compliant?

Research into the behaviour of paedophiles has established that they seek out their victims and look for the following qualities: the child fears adults, they obey what adults say, have been taught through fear that adults have the right to use power over them. They also prey on very young children as they are less likely to be able to speak out against the adult.

Do you advocate the use of smacking, shouting, demanding obedience? Do you use threats and verbal, emotionally abusive language like “you are an idiot”, “he is feral” “you never get anything right, you moron!” Do you lose control of yourself? Then you are modelling that being a bully is acceptable and power is a strategy that is suitable for moulding the behaviour that you want to see in your child. You are teaching them to be a victim of that behaviour.

Teaching children the behaviour that you want to increase comes from sound strategies that are used consistently, indicate that you are in control of yourself and model the behaviour that you want. Prepare your children for what is going to happen, consider what needs to happen to make it successful for you and the child, have activities to keep them interested, role model the event and establish the rules

“when we go to Grandma’s house for dinner I want you to remember your manners by saying please and thanks. When you are given Brussel sprouts say thanks, not argh, they’re gross Gran”

So if you want your child to grow up into strong, confident, assertive young people who are able to say no to drugs, no to unprotected sex, no to anyone who is making them feel uncomfortable or unsafe, you need to develop strategies to teach the behaviour. Teach the behaviour that you value rather than making the focus on a punishment of the behaviour that you want to extinguish. It may just help to keep them safe.

