

TEN THINGS TO DO INSTEAD OF SPANKING



CHILDREN WILL REPEAT BEHAVIOR THAT IS REWARDED. GIVE ATTENTION TO GOOD BEHAVIOR AND YOU WILL GET MORE OF IT. NOTICE WHEN CHILDREN TRY, NOT JUST WHEN THEY DO IT RIGHT. AVOID SHAMING, THREATS, AND BELITTLING.

1. IGNORE

Ignore behavior that is not harmful, such as bad habits, whining, bad language, and tantrums. It is hard to do nothing, but, this lack of attention takes away the very audience they are seeking.

2. SUSPEND PRIVILEGES

Match the suspension of privilege to the action as closely as possible. For example, if children fight over TV, they lose TV time. Suspend a privilege for a short period; long suspensions only build resentment and the child forgets the original lesson to be learned.

3. LOGICAL CONSEQUENCES

Let the action do the "talking," - i.e. if a child abuses the use of a toy, then the toy is taken away for a period of time. If they come in after curfew, the amount of late time is subtracted from the next outing.

4. RE-ARRANGE SPACE OR PLACE

Be creative to eliminate problems that keep coming up. If clothes and toys are a mess, have baskets and low hooks for easier picking up. If school notes or homework is misplaced, have a special table or counter for materials. And if chores are continually being forgotten, have a chart for who does what and when.

5. RE-DIRECT BEHAVIOR

If one behavior is a problem, redirect that energy into doing something positive. For example, if a child colors on a wall, have paper available; or if children have trouble with taking turns, have them use another toy or have them be a Mommy or Daddy's helper to better express this need for power.

6. GRANDMA'S RULE: WHEN THEN

When you pick up the toys, then you can have the TV on; when you come home from school on time, then you can have a friend over. CAUTION: you need to tie what you want to what they want to make this work.

7. FINES

In some families, fining a small amount for bad habits, rules violated, and forgotten responsibilities works. Ideally, the money should go for a family outing which is a reward to all in the end.

8. WORK DETAIL

This is especially good for older children (8 years and up), to make up for rule violations. Have a list posted of jobs that need to be done, then the child chooses one or more work detail jobs to make up for the problem that was created. Appropriate tasks would include washing the car, washing the windows, cleaning the dog area, stacking wood, weeding the garden, etc.

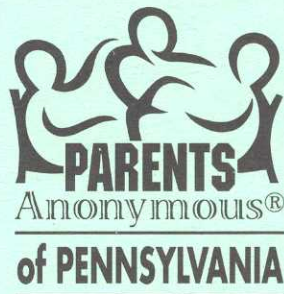
9. MODEL

Show the child what or how you want the job, chore, or behavior to be done. Patience and practice can often turn a wrongdoing into a new helper.

10. TIME OUT

Use time out for dangerous and harmful behaviors such as biting, hitting, and purposeful destruction. Follow these guides:

- ✓ Keep time out to 1 minute for every year of age.
- ✓ Have them sit in a boring place with no distractions.
- ✓ Tell them what they did wrong and what they are supposed to do instead.
- ✓ Use a timer - it will save your sanity!
- ✓ When time out is over, notice as soon as possible something they are doing right and comment on it.



For more information call

Parents Anonymous[®] of Pennsylvania

1-800-448-4906

www.parentsanonymousofpa.org



Parent Leadership Team
Seal of Approval