

SPANKING DOESN'T WORK....SOME ALTERNATIVES

Parents: It has been proven that the more often a child is spanked, the greater is the risk of childhood aggression and other antisocial behaviours such as lying and bullying.

Children who are raised with spankings are also less likely to learn right from wrong, and are more likely to misbehave behind their parent's backs.

Other techniques...

- Parents tend to spank when their child hasn't listened and they repeat their request over and over again to get the child to behave. Instead of falling into this 'trap', get down to your child's level, make eye contact, touch them gently and tell them, in short, kind but firm phrases, what it is you want them to do. Remember, keep it short and simple.
- Give your child a choice. If they are playing with their food at the kitchen table, ask them, " Would you like to stop playing with your food or would you like to leave the table?" If your child continues to play with their food, use kind but firm action to help them down from the table, and tell them that they can return to the table when they are ready to stop playing with their food and not before then.

- Use logical consequences. This will help your child behave more responsibly and understand the natural consequence to their inappropriate behaviour. For example, your child throws a toy at another child and punishment is a spanking. This outcome does not teach the child an appropriate response to the situation. Try instead to problem solve with your child: what must you do to make this up to the other child? Also acknowledge their frustration by saying, " I can see that you are frustrated. How could you have shown this in a better way?" Lastly, don't forget to consequence your child by taking the toy away from them. If you throw a toy, the logical consequence is to have that toy taken away.