



**THINK ABOUT IT ---  
--- BEING A PARENT.  
THE MOST IMPORTANT ROLE  
YOU CAN EVER HAVE.**

Your children learn by watching what you say and do... all the time, every day.

What your child learns from you, especially in the first few years has an effect for life. This is especially important in shaping how your child gets on with other people as an adult.

**SO HOW CAN I BRING UP MY  
CHILD TO BEHAVE WELL- MOST  
OF THE TIME?**

Remember you are the model. Try to behave to your child and to others as you would like your child to behave.

Your child will copy you- but it will take time and practice to get it right. You can help.

It is easier as parents, to see the bad behaviour, not the good behaviour- upset children want to be noticed.

Learn to look for good behaviour and let your child know how pleased you are. Make sure your child knows that bad behaviour won't mean loss of your love- even for a little while.

These days everyone seems to be busy, but take time to have fun together and get to know more about your child.

Children think some amazing thoughts. If your child knows you will listen, you are more likely to find out what is going wrong.

Your child needs to know what your expectations are. Having consistent boundaries and a daily routine can help a child feel safe and secure- and this helps behaviour too.

(Remember to change the boundaries as your child gets older).

### **WHEN MY CHILD IS MISBEHAVING, WHAT'S WRONG WITH SPANKING? IT WORKED FOR ME.**

### **HITTING HAS BEEN SHOWN TO TEACH CHILDREN SOME UNINTENDED CONSEQUENCES LIKE:**

- If people make you mad, it is OK to hurt them.
- If I can't sort it out, I can get angry and hit out.
- Mum and dad, who love me the most, have hurt me deliberately.
- If I am sneaky about being bad, I might get away with it and not get hit.
- When I'm cross and I'm the big one, I can hit.

### **HOW CAN YOU DISCIPLINE IF YOU DON'T HIT?**

You *can* bring your child up to know right from wrong and to be well behaved without hitting.

Bad behaviour means different things- and needs a different response- for children of different ages.

Some of NAPCAN's other brochures might help with this too.

- Toddlers need their parents to recognise the dangers and keep them safe. Removal of the child- or the temptation- from the scene is the way to go. Tantrums mean your child is frustrated and doesn't understand.

Toddlers won't hear what you say, but they will hear the tone of your voice. They need your love at these times, not your anger.

- Bigger children need to be helped to see how the things they do affect others. They need your help to think of better ways to behave next time.
- Misbehaving teenagers can be quite frightened by the consequences of their actions- but they are unlikely to admit it! They still need limits and clear consequences- but by negotiation and joint agreement.

Encourage your child to make decisions and help solve problems in every day situations. This takes practice, but helps self control.

"Time out" gives everyone the chance to have some space, calm down and think things through.

It should not be seen as a punishment. Small children forget why they are having time out if it lasts more than a few minutes. Bigger children can use the time to think of their own solutions.

Children need to learn the consequences of their bad behaviours- but this needn't mean hitting either.

*"I have stopped the car because it is not safe to drive whilst you are fighting. If you don't settle down quickly, we'll miss the movie and go straight home".*

This is a time to stick to your warning- so choose one you can cope with! If peace is restored, let the

children know you are pleased they sorted themselves out.

So

*You are the key to helping your child deal with difficulties and frustrations in positive, helpful ways- without using violence!*

*Being a parent can be hard at times, so take time out and look after yourself- and congratulate yourself those times you get it right!*