

Avoiding Bad Behaviour

Why do parents use physical punishment?

- Some parents believe that physical punishment is a good way to teach children. Hitting often has an immediate effect. The Society believes there are better ways to teach children than by hurting them.
- Many of us were physically punished by our parent when we were children. Spanking was more acceptable in the past than it is today. Some parents hit their children because they are angry and have lost their temper.

What is wrong with physical punishment?

- Hitting may have an immediate effect but it does not teach children self-control.
- Parents who hit may have to hit harder next time to get the same result.
- Repeated or severe physical punishment can hurt your child physically and emotionally.
- Physically punished children are more aggressive and often have more problems in school.
- Physical punishment teaches children that hitting people is okay.
- Hitting also teaches children to be afraid and hide what they are doing from you.
- Physical punishment can lead to injury and abuse. It is easy to lose control and hurt someone when you are angry.

How can I teach my children good behaviour?

- Be prepared to work at it.
- Children often misbehave to test the limits and learn what they can get away with.
- Teaching good behaviour takes time and patience.
- Talk and listen to your child. Trust and communication are even more important as children grow older.

Do not hesitate to contact the
Windsor-Essex Children's Aid Society at 519-252-1171
if you have any questions or need clarification
on the above information.

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Getting started

- Make your home a safe place for your child to play and explore.
- Keep forbidden and dangerous objects out of the reach of young children.
- Take toys/snacks when going out.
- Do not let your child get too hungry, tired, or bored.

Make fair and simple rules

- Set clear limits on your child's behaviour with a few simple rules.
- Focus on safety. The rules should allow children to explore and learn in a safe way.

Communicate

- Make sure your child understands what you expect.
- Explain the reason for the rule if the child is old enough to understand.
- Listen to what your child tells you.

Be a good role model

- Live what you teach
- It does not make sense to hit a child for hitting someone else.

Ignore minor incidents

- Learn to accept some noise, clutter, and attention-seeking behaviour
- Remember...mistakes happen!

Be positive

- Focus on what to do, instead of what not to do.
- Positive language makes it more likely that children will respond positively.
- Teasing, name-calling, and insults can hurt as much as hitting. Do not compare your child negatively to other children.

Give children time to respond

- Children do not like to stop doing something they enjoy. Give children the chance to prepare for change.
- Example: In five minutes it will be time to turn off the T.V. and start your homework.

Reward correct behaviour

- Praise and encourage your child when they behave well/appropriately.
- Show your approval with hugs, kisses, and smiles.
- Make sure that good behaviour gets more of your attention than bad behaviour.

