



PAINLESS PARENTING WORKS. HITTING HARMS.

Crying & Fussing

Babies cry and fuss to communicate their needs - hunger, sleepiness, diaper change. They need to be held and cuddled to help them feel safe and secure.

TRY TO SAY / DO	INSTEAD OF
<p>Check to see if baby's diaper needs to be changed, offer a bottle or breast to feed them, or just pick them up and cuddle them.</p>	<ul style="list-style-type: none"> ●● NOT shake baby. ●● NOT hit baby. ●● NOT toss baby into the air.
<p>Try a swaddle:</p> 	<p>Ignore baby's crying.</p>
<p>Try a belly hold to help your baby pass gas:</p> 	<p>Hitting baby's butt.</p>
<p>Try taking a walk outside, or a car ride around the block. Try a pacifier, wearing baby in a sling or carrier. Gentle rocking or swinging and walking calms baby down.</p>	<p>NEVER leave baby alone in a car.</p>

Putting Everything into Mouth

Child is learning hand-mouth co-ordination or is teething and needs safe objects to chew on.

TRY TO SAY / DO	INSTEAD OF
<p>"Here is a binky instead!" "Look at this cool [<i>safe teething toy</i>]!" Put a damp washcloth into freezer for baby to chew on. Child-proof by removing small, chokeable objects from reach.</p>	<p>Hitting baby's hand.</p>

Baby Won't Stop Crying No Matter What You Try

TRY TO SAY / DO	INSTEAD OF
<ol style="list-style-type: none"> 1) Place baby safely in a crib without any blankets or pillows 2) Leave the room to take a short break - take deep breaths. 3) Ask for help from a partner, family member or call a friend. 	<ul style="list-style-type: none"> ●● NOT hit or shake baby.



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I know that corporal punishment can harm my child's physical, intellectual and psychological wellbeing, and damage our relationship.

I understand that science has proven that all forms of spanking are harmful, ineffective and can have negative effects on their brain.

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Parent

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Gets Into Things

Child learns by exploring. Needs safe objects to touch.

TRY TO SAY / DO	INSTEAD OF
<p>“<i>[Place or object]</i> are fun to play with!”</p> <p>“Look how cool is this <i>[toy or object]</i>!”</p> <p>“I have a better toy for you right here!”</p> <p>Place temptations out of sight and reach. Child-proof using cabinet latches.</p>	<p>“Stop opening the cabinets!”</p> <p>“You are so naughty!”</p> <p>“Don’t play with this.”</p>

Temper Tantrums

Child learns to understand and control emotions. Needs your help to calm down.

TRY TO SAY / DO	INSTEAD OF
<p>“I see that you are really mad because [...].”</p> <p>“Look at that! A <i>[snack, toy, another person/fun object]</i>!”</p> <p>“Let’s go over here where it’s more quiet.”</p> <p>“You really want that <i>[toy]</i>.”</p> <p>“It’s hard to leave <i>[the playground]</i> when you’re having fun.”</p>	<p>“Stop crying right now!”</p> <p>“You are so bad!”</p> <p>“I really hate when you act like this.”</p>

Throwing Things on the Ground

Child learns about gravity, and cause and effect. Needs a safe place to throw.

TRY TO SAY / DO	INSTEAD OF
<p>“Here is a <i>[ball, or another object]</i> instead!”</p> <p>“<i>[Ball, or another object]</i> is great for throwing.”</p> <p>“You can throw <i>[the ball]</i> into this basket.”</p> <p>“Are you all done with eating?”</p>	<p>“Stop throwing that!”</p> <p>“You are so bad!”</p> <p>“I’m going to take your toys away!”</p>

Being Aggressive – biting, hitting, grabbing things from others

Child learns power and empathy. Needs praise for good behavior.

TRY TO SAY / DO	INSTEAD OF
<p>“When you <i>[hit, bite]</i> your <i>[brother]</i>, it hurts him and he feels sad.”</p> <p>“Let’s find something else to play with.”</p> <p>“It’s ok to be angry, but I won’t let you hit. We need to keep everyone safe.”</p> <p>“It’s your <i>[sister]</i>’s turn with the <i>[train]</i>. I will help you wait until it’s your turn.”</p>	<p>“You are so mean, stop hitting!”</p> <p>“You are a bad boy/girl!”</p> <p>“Don’t hit!”</p>



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Doesn't Want to Share

Child learns about identity and attachment to people and things.

TRY TO SAY / DO	INSTEAD OF
<p>“Sharing can be hard.”</p> <p>“I like it better when you share.”</p> <p>“Let’s pick out 3 special toys that are only for you, and then the rest we can share, okay?”</p> <p>Practice taking turns: Set a timer for 2 minutes for one child to play with the toy, when the timer goes off the second child will take their turn for the same amount of time.</p> <p>Play a sharing game: Give your toddler some crackers or blocks and ask him/her to share with everyone in the room. “Give one to your brother.” “Give one to your daddy.”</p>	<p>“Don’t be selfish!”</p> <p>“Give your [truck] to [your brother] right now!”</p> <p>Throwing away a cherished toy.</p>

Potty Training

Child learns to control the muscles responsible for elimination.

TRY TO SAY / DO	INSTEAD OF
<p>When your child goes towards potty/toilet say: “Good job trying to [pee, poo]!”, regardless if they are successful or not.</p> <p>“Let’s try to use the potty next time.”</p> <p>Establish comfort while sitting on potty/toilet - read books.</p> <p>Reward all success by special privilege of flushing.</p>	<p>“You are so lazy!”</p> <p>Make your child sit on the potty or toilet against their will.</p> <p>Punishing your child for accidents.</p>

Nighttime Wetting

Child learns to hold urine for the entire night. It is not a concern until about 7 years of age. Stressful events can bring nighttime wetting on even after a child has been successful.

TRY TO SAY / DO	INSTEAD OF
<p>“Oopsy, you had an accident. Let’s change your pajamas and get back to bed.”</p>	<p>“You are so dirty now.”</p> <p>Punishing your child for wetting bed.</p> <p>Making a big deal out of it.</p>

Danger - touching stove/electricity/running into street/leaving without an adult

Child needs clear instructions about the danger.

TRY TO SAY / DO	INSTEAD OF
<p>“Stop!” if you want them to stop running, “Wait for me!”</p> <p>Remove child from danger: “Electricity is dangerous.”</p> <p>Praise your child when s/he listens: “Good job waiting for me to cross the street!”</p>	<p>“No!” or “Don’t run!”</p> <p>“Don’t touch this!”</p>



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Won't Sit Still

Children have a lot of energy. Keep them occupied with games.

TRY TO SAY / DO	INSTEAD OF
<p>"Let's play [<i>I Spy, Freeze, or any other game</i>]."</p> <p>"Do you want to help me with [<i>insert activity</i>]?"</p> <p>"Let's [<i>read</i>] this [<i>book</i>]!"</p>	<p>"Sit still!"</p> <p>"If you get out of that chair, you will be punished."</p>

Whining

Child wants you to listen to them. Needs more praise for good behavior and positive attention.

TRY TO SAY / DO	INSTEAD OF
<p>"I can't understand you when you talk like this, please use your regular voice."</p> <p>"It sounds like you're upset because [<i>we have to leave now</i>]."</p> <p>"Look at this, we have [<i>object, snack</i>]!"</p>	<p>"Stop whining!"</p> <p>"Don't make me give you something to cry about."</p>

Saying "NO" When You Ask Them to Do Something

Child learns their limits. Needs your guidance to understand rules.

TRY TO SAY / DO	INSTEAD OF
<p>"Let's put all the [<i>toys</i>] away so we can [<i>watch a movie</i>]."</p> <p>"Please, go and [<i>wash your hands</i>] now, so you will be all set by the time [<i>dinner is ready</i>]."</p> <p>"Let's see how fast you can put all the [<i>toys</i>] away!"</p>	<p>"Clean up this mess right now!"</p> <p>"You are so dirty!"</p>

Won't Go to Bed

Consistent early bedtime routine everyday and safe sleeping space are a key to happy bedtime.

TRY TO SAY / DO	INSTEAD OF
<p>"Let's see how fast you can get in bed."</p> <p>"It's 8 o'clock and you are in bed already, well done!"</p> <p>"Here is another sticker for your chart for being in bed on time."</p>	<p>"Go to bed now!"</p> <p>"If you get out of bed you will be punished."</p>

Won't Stay in Bed

Child needs help to feel safe and secure.

TRY TO SAY / DO	INSTEAD OF
<p>Silent Return to Bed - when your toddler wanders out of his/her, room silently walk him back, tuck him in, and leave.</p>	<p>Locking child in room.</p>



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SCHOOL AGE



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Bad Grades

Some children learn easily and some need your help to get their grades up.

TRY TO SAY / DO	INSTEAD OF
“You are doing super good at [<i>math</i>]. [<i>Reading</i>] is just more challenging for you.”	“You are so stupid!”
“You just haven’t learned [<i>multiplication</i>] YET, but if we work on it, you will get better in no time.”	“You are not good at [<i>reading</i>] at all.”
“What do you think would make it easier for you to get better grades at school?”	“This is so easy, why are you so bad at this?”
“Do you have a friend we could ask to help you with this?”	“You are no good.”

**Make sure child is getting enough sleep in order to learn. 9-11 hours is ideal for ages 6-13.
Help child learn good habits by having daily routines around homework and studying.**

Misbehaving at School

Listen to your child’s problems and work out a plan to help with behavioral challenges.

TRY TO SAY / DO	INSTEAD OF
“Your teacher called me about something that happened at school. Can you tell me what happened?”	“You are stupid for getting into trouble!”
“If you could make school any way you wanted, what would it look like?”	“You are heading straight for jail!”
“What do you think would make it easier for you to behave better at school?”	“Let me give you a whooping so you can remember to behave next time.”

Fighting with Siblings

Child is learning about power and empathy.

TRY TO SAY / DO	INSTEAD OF
“If we play together without fighting, we get to do more fun stuff.”	“Stop fighting right now!”
“Let me set the timer so you and your [<i>brother</i>] can take turns.”	
“Your [<i>sister</i>] is younger than you and doesn’t understand how taking turns works yet, can you show her/him?”	
“If you and your [<i>brother</i>] can’t play with the [<i>toy</i>] without fighting, then I will put it away and we will try playing with it again tomorrow.”	“Let me give you both a good whoopin’ so you stop fighting all the time.”
“I’ll have to hold the remote until you two agree what to watch.”	“No TV for a month!”



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Sexting

Teens need you to teach them safe phone etiquette.

TRY TO SAY / DO	INSTEAD OF
<p>“Sexting has a lot of consequences.”</p> <p>“Sexting might seem fun, but sensitive photos of you will be out there in the world forever the moment you send them to somebody. They can use them to hurt you in the future.”</p> <p>“It is illegal to sext. Ask me for help to get [them] to stop.”</p>	<p>“You are heading straight for jail!”</p> <p>“You are a whore!”</p> <p>“Stop sexting with [them]!”</p>

Phone Use

Set clear rules around phone use and explain clear consequences when those rules are broken.

TRY TO SAY / DO	INSTEAD OF
<p>“You always have to answer when mom/dad is calling”</p> <p>“Phone hours are from 7:30am till 7:30pm on school nights, and 9pm on weekends.” Charge phone in the kitchen or parent’s room.</p> <p>“Do not use it to say or type any hurtful things about other people.” or “How do you think s/he felt when you did that?”</p>	<p>“I’m gonna spank you for not answering.”</p> <p>“Give me that phone!”</p> <p>“You are a bully!”</p>

Dress Provocatively

Child is learning about his/her sexuality and needs your guidance on what is appropriate.

TRY TO SAY / DO	INSTEAD OF
<p>“The school has a dress code that you need to follow.”</p> <p>“I know that [celebrity] wears outfits like this on stage, but when there are no cameras she wears regular clothes just like us.”</p> <p>“A bra and shorts that don’t cover your behind just won’t work to where we are going for lunch. Please, go and change your outfit.”</p>	<p>“You dress like a slut!”</p> <p>“You are asking to get raped wearing that.”</p> <p>“I will beat this nonsense right out of you!”</p>

Acting Like “They Grown” - talking back, breaking curfew

Teens are getting ready to become adults. Be the example of who you want them to become.

TRY TO SAY / DO	INSTEAD OF
<p>“[This] was an irresponsible thing to do. Let’s sit down and figure out how to fix it.”</p> <p>“If you want to stay out until 10pm on Friday nights, I need you to be back on time. If you are late, you will lose this privilege for the next 3 Fridays.”</p> <p>“When you talk to me that way, it’s hard to know how to help you. I will listen when your voice is as soft as mine.”</p>	<p>“You are so stupid, I can’t believe you did that!”</p> <p>“I’m gonna whoop your butt if you are late again.”</p> <p>“Don’t talk to me that way!”</p>



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Running Away

Unsafe home environment is the most common reason for running away. Provide child with safe and supportive environment.

TRY TO SAY / DO	INSTEAD OF
“Tell me why you felt you had to run away. Let’s talk about what’s bothering you and how we can fix it.”	Threatening to not let them come back home.
“What can I do to make you feel safe at home?”	“You are grounded for a month!”
“I was very scared when I didn’t know where to find you. Can you promise me to never do that again?”	Locking them in their room.

Illegal Activity - alcohol, drugs

Peer pressure plays a big role in substance use. Help your child understand the effects. Set a positive example around substance use at home.

TRY TO SAY / DO	INSTEAD OF
“Underage drinking is a serious crime and we both can get into trouble because I’m responsible for your behavior.”	“You are heading straight for jail!”
“Being charged with a DUI is a crime that will stay on your record. It can prevent you from getting into college you want to go to or getting your dream job down the line.”	“You are grounded!”
“Drinking numbs your reflexes and you won’t be able to make decisions as fast and clear. That puts you and others in danger.”	
Help your child remember what to say to his/her peers: “My mom would kill me if she knew I smoked.” “I don’t do drugs.”	
Make a pact with your child: “I want you to be safe. If you want to leave a situation, all you have to do is text or call me and I will pick you up from anywhere at any time without asking questions.”	
Have a “code” text message for when your child needs your help to get out of a peer pressure situation. When they text you the “code”, you will call them immediately and pretend to “yell at them” to “get home at once.” This allows them to leave without feeling embarrassed in front of their peers.	



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