

- * CHILDREN REPEAT BEHAVIOR THEY GET ATTENTION FOR
- * 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, BELITTling

TEN THINGS TO DO INSTEAD OF SPANKING

1. **IGNORE:** Ignore behavior that will not harm them; bad habits, whining, bad language, tantrums. It is hard to do nothing. However, 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, i.e. fighting over TV, loss of TV time. Suspend privilege for a short period - long suspensions only build resentment and the child forgets the original wrongdoing and the lesson to be learned.
3. **LOGICAL CONSEQUENCES:** Let the action do the "talking," i.e. abuse the use of the toy - toy taken away for a period of time; crayons on the wall - they wash it off; missed a curfew - this time subtracted from next outing.
4. **RE-ARRANGE SPACE OR PLACE:** Be creative to eliminate problems that have been created; clothes and toys a mess - have baskets and low hooks for easier picking up; school notes, homework misplaced - have a special table or counter for materials; chores forgotten - have a chart for who does what when.
5. **RE-DIRECT BEHAVIOR:** If one behavior is a problem, take that energy and have them do another positive action: crayon on wall - have paper available; throwing sand - give them a ball to throw; trouble with taking turns - have them use another toy or have them be a helper with an adult to use up some of this need to have 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 (5¢ or 1¢ or 25¢) for bad habits, rules violated, forgotten responsibilities does work. Ideally the "kitty" of money goes for a family outing - a reward to all in the end.
8. **WORK DETAIL:** Creative use of energy, especially for older children (8 years and up), to "make up" for rule violations: a list is posted of jobs that need to be done, the child chooses one or more "work detail" jobs to work off the problem that was created - wash the car, wash windows, clean the dog area, stack wood, weed garden, etc.
9. **MODEL:** Show the child what or how the job, chore, or behavior should be done the "right way." Patience and practice can often turn a wrongdoing into a new helper.
10. **TIME OUT:** Use time out for dangerous and harmful behaviors - biting, hitting, purposeful destruction - follow these guides:
 - * Keep time out to 1 minute for every year of age.
 - * Have them sit in a boring place.
 - * Tell them what they did wrong and what they are supposed to do instead.
 - * Use a timer - saves sanity!
 - * When time out is over, notice as soon as possible something they are doing right and comment on it.