

Parenting Tips

from

Community Parenting Service

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Opening times: Monday to Friday 12 PM to 4 PM

Alternatives to Hitting.

Bringing up children is not always easy and at times parents find it hard to cope with the behaviours children display. At times parents lose control and this sometimes results in a parent lashing out in a physical way at their child. The development of some simple strategies that can be employed by parents at these times may ensure their child's safety.

Listed below are some ideas that may be able to be used as alternatives to hitting your child or using other forms of physical punishment.

- Tell your child you need some time out and that you will speak with them in 15 minutes.
- Stop and think! Step back, sit down.
- Ask yourself why you are going to hit your child.
- Take a few deep breaths. Exhale **slowly**.
- Count to 20 or 100 if you like – say the alphabet out loud.
- Walk around your home; go outside until you calm down.
- Phone a friend and talk about anything.
- Punch a pillow.

Remember it's better to hug than hit.



We invite you to visit our Centre to 'check out' the wide range of information that we have available for you to browse or borrow.



**Department for
Community Development**