

# **TEN THINGS TO DO INSTEAD OF SPANKING**

## ***IGNORE:***

Ignore behavior that will not harm them; bad habits, whining, bad language, tantrums. It is hard to do, but this lack of attention takes away the very audience they are seeking.

## ***SUSPEND PRIVILEGES:***

Match the suspension of privilege to the action as closely as possible. Fighting over TV equals loss of TV time. Suspend privilege for a short period - long suspensions only build resentment. The child forgets the original wrong doing, which undermines the lesson to be learned.

## ***LOGICAL CONSEQUENCES:***

Let the action do the “talking”. Abuse the use of a toy; the toy is taken away for a period of time. Crayons on the wall, they wash it off. Missed curfew, subtract the time from the next outing.

## ***RE-ARRANGE SPACE OR PLACE:***

Be creative to eliminate conflict. Clothes and toys a mess, have baskets and low hooks for easier picking up. School notes or homework misplaced, have a special table or counter for materials. Chores forgotten, have a chart for who does what and when.

## ***RE-DIRECT BEHAVIOR:***

If one behavior is a problem, redirect that energy to a 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 be a helper with an adult (to use up some of their need to have power).

## ***GRANDMA’S RULE: WHEN...THEN option:***

“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 with what they want to make this work.

## ***FINES:***

Some families assess fines for bad habits, rules violated, forgotten responsibilities, etc. Ideally, the “kitty” goes for a family outing, a reward to all in the end.

## ***WORK DETAIL:***

Creative use of energy especially for older children (8 years+) to “make up” for rule violation. A list is posted of jobs that need to be done, the child chooses one or more jobs to “work off” the improper behavior: wash car, wash windows, clean the dog area, stack wood, weed garden, etc.

## ***MODEL:***

If need be, which is likely, show the child what or how to do the job, chore, or behavior in the appropriate way. Patience and practice can often turn a wrong doing into a new helper.

## ***TIME OUT:***

Use time out for dangerous and harmful behaviors – biting, aggressive hitting, and purposeful destruction. Follow these guides:

- Keep time out to 1 or 2 minutes.
- 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 (egg timer).
- When time out is over – notice something they are doing right and praise them for it.