



What is discipline?

Discipline covers all methods used to train and teach children self-control and socially acceptable behaviour. Discipline does not inflict physical or psychological harm to a child. Discipline is a necessary part of the parent/child relationship.

Discipline

- involves the process of education, guidance and learning to help children develop self control
- is characterized by mutual respect and trust
- includes a belief that the child will be willing to change because of respect or with greater understanding
- has as its goal the development of internal controls that helps the child relate to others in a positive and responsible way

Effective discipline can be achieved without physical punishment

Expectations should be consistent with the age and stage of the child's development. Good disciplinary practices include:

- positive reinforcement
- praise
- modeling
- structure and routine
- setting and maintaining limits
- realistic expectations
- follow through
- verbal and non-verbal cues
- time outs
- logical consequences such as “no television”
- problem-solving

A child can learn self-discipline if he/she is supported, treated with respect and experiences tolerance of feelings.

If you need help call
(613) 747-7800

What is corporal punishment?



What is corporal punishment?

Corporal punishment combines control, force and physical pain to get children to behave in acceptable ways.

Punishment does not necessarily require mutual respect or trust between the parent/child.

Some examples of corporal punishment are:

- punching, kicking, shaking, harsh spankings or slaps
- throwing objects that can injure a child
- threatening a child with physical harm
- placing a child in a locked or confined space
- depriving a child of basic needs (eg. food)

What happens to children when a parent uses corporal punishment? There is a significant risk of injury to the child when a parent uses corporal punishment. Corporal punishment can cause physical harm, permanent physical disabilities and occasionally death. There is a risk of emotional problems developing in the future. Many children who have been punished as a child grow up to become abusive to their children and their family as an adult.

What is the position of the Children's Aid Society on the use of Corporal Punishment?

The Children's Aid Society of Ottawa is opposed to the use of corporal punishment in any form as a means of disciplining or punishing children. The Society promotes effective parenting and child rearing practices as alternatives to corporal punishment. Excessive use of corporal punishment may result in a referral to and investigation by a Children's Aid Society.

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Talk to your child about sexual abuse



It is important to teach children about safety. It is just as important to teach ourselves what we need to know in order to keep our children and communities safe. Here are some things that you and your family can do to prevent the sexual abuse of your children.

Adults need to learn, teach and practice

- practice talking to other adults about the difficult topics. Say the words out loud so that you become more comfortable with using the words, asking questions, confronting behaviours
 - practice talking with both the adults and children in your life about their difficult issues to get them in the habit of talking with you. Show them that you will listen to what they say, even if the subject is embarrassing or related to something they have done wrong
 - teach children the proper names of body parts. This helps them to understand their bodies and to ask questions that need to be asked or for telling about sexual abuse
 - teach children the difference between OK touching and touching that is not Ok – tell younger children to talk to you if anyone, family, friend or anyone else touches their private parts
 - teach children that secrets about touching are not okay
- Source...STOP IT NOW, MA*

Adults need to take responsibility

- watch for signs of abuse – many children, especially young ones, are not able to protect themselves sexually
- teach your children that their “no” will be respected, whether it is in playing or tickling or hugging and kissing. If your child does not want to give his grandfather a kiss, let him shake hands
- all members of the family have rights to privacy in dressing, bathing, sleeping and other personal activities. If anyone does not respect these rights, an adult should clearly tell them the family rules
- report anything you know or suspect that is sexual abuse. Without help, the abuse will not stop

*The Children's Aid Society of Ottawa (613) 747-7800
Courtesy of the Children's Aid Society of London and Middlesex*



A happy relationship between a parent and a child is the most important foundation on which to build acceptable behaviour.

Things that encourage good behaviour

- positive attention (hugs and praise) given for acceptable behaviour is more effective than criticism and punishment for things the child gets wrong
- ignore minor misbehaviour and intervene only when there are serious problems or a child is in danger.

Children learn to tune out or turn off when they are constantly “got at”. Their self-esteem suffers if they never get anything “right”

- ensure the child understands what is right not just what is wrong. Do not just describe what the child has done wrong. Tell him/her how to do it right

- clear communications is basic to effective discipline. If children do not hear or understand our message, they cannot do what is asked of them. Therefore, it is important to gain the child’s attention and to keep the message short and specific

Each child has a different personality and a different set of needs. Adults need to adapt to their child’s personality and needs. Adults need to avoid comparisons as much as possible and learn from the child as they grow.

No child is well-behaved all the time. As adults, we have a responsibility to guide children’s behaviour so that they learn from their mistakes and experience the pleasure of our approval.

Source...EPOCH NZ Website

Parents must be consistent about rules and expectations.

Spanking is not discipline



Spanking is not necessary...There are many proven, age appropriate ways that are effective in guiding a child's developing sense of self-responsibility and setting limits on unacceptable behaviour. Spanking may stop children in their tracks but it does not contribute positively to the child's long-term social development.

Spanking does not teach children how to behave well... Children learn: by being shown how to behave well; by receiving clear messages about what is expected of them; by being loved and valued; by being praised when they get it right themselves.

Spanking or physical punishment models violence...Children learn by example. When they see adults expressing their anger and control of others by hitting, they learn how to hit others themselves.

Losing control of yourself is not an acceptable excuse for hitting others...Parents often hit children when they lose control of themselves or get angry. If you hit or spank your child with an object or if the spanking leaves a mark, it may be considered child abuse and may lead to a referral and an investigation by a Children's Aid Society.

Harsh physical punishment can lead to problems in later life...The harsher the punishment gets, the more likely it is that the child will grow up with problems associated with:

- low self-esteem
- trouble with the law
- mental illness
- violent behaviour

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