

## The parent's wisdom:

- I find it hard to be patient sometimes. My kids test me all the time. It's tricky to find out what was the reason behind their actions without being angry at them or yelling at them. Being curious and creative to find out a solution helps me.
- I've just realized that child raising ideas come from your own up bringing and background. My partner has a completely different idea about raising children. Now I have to remind myself to be open and learn from what my partner has to suggest.
- ...It was even harder when you are living in DV. Your partner undermined nearly everything you said to your children. One day, I just said that was enough, STOP. I told him violence was not OK. It's about self-discipline- to say NO to violence.
- Be realistic-think through what rules you want to set. When the rules are set- please stick to it. If not, we might confuse our children's little mind.
- I'm not going to hurry today. I'm remaining calm and relaxed. Whatever spills can be cleaned. Whatever stuff lying around can be put away. I won't take my anger or frustration out on my kids because I love them. They are important.

### Your tip?

## The AARDVARC Program

The Aardvarc program is for children and young people who have experienced domestic and family violence and their parent/caregiver.

Aardvarc offers the child and parent/caregiver an opportunity to talk and make sense of their experiences within a safe and supportive environment. Aardvarc is a short term individual program :

- Seeks to understand the effects of violence on the child/young person and caregiver
- Respect the role of the parent/caregiver
- Seeks to strengthen the relationship between child and parent and
- Provides specific support to the parent/ caregiver such as providing an opportunity to share their parenting experiences and ideas and discuss issues such as disciplining children and healthy relationships.

You can contact the Aardvarc workers at:

North Queensland  
Domestic Violence Resource Service  
Mezzanine Floor Metway Arcade,  
390 Flinders Street, Townsville  
PO Box 6061, Townsville Qld 4810  
Phone: 07-47 212 888 Fax: 07-47 211 794  
Email: [aardvarc@nqdvrs.org.au](mailto:aardvarc@nqdvrs.org.au)

<http://www.nqdvrs.org.au>

## Against Violence #15

# DISCIPLINING

# CHILDREN

North Queensland  
Domestic Violence Resource Service



HELPFUL INFORMATION AND HINTS  
AROUND THE TOPIC OF DISCIPLINING  
YOUR CHILD AND THE IMPORTANCE OF  
POSITIVE PARENTING.

Funded by the Department of Communities

## Disciplining Children

We have worked with many mothers, who all wanted to feel that they are good and capable parents. The question about disciplining children came up many times in our conversations with parents. Some parents are afraid of disciplining their children, others may think discipline is the way to win the battle or to let the children know who's the boss. Parents ask "do we have the right to discipline our children and what are the helpful ways other parents use to discipline children without using physical punishment?"

### What is Discipline?

Discipline does not mean punishment. It is a teaching/learning process where parents have a wonderful opportunity to teach their children how to manage their own behaviour in a safe, caring, loving and trusting environment. The purpose is for children to learn how to become independent adults who can act responsibly.



### Through discipline you teach your child to:

- ◆ Get along with other people and respect their rights and their safety
- ◆ Not to hurt others or themselves
- ◆ Not to damage or destroy the things around them
- ◆ Learn new skills and make healthy choices
- ◆ Feel good about themselves and succeed in achieving something
- ◆ Learn to be self-disciplined

### **DISCIPLINE**

Discuss strategies to deal with situations

Include the child's wishes and interests

Structure the environment to be safe

Care and understand

Involve the child through choices and consequences

Plan plenty of time for loving and playing

Let go, relax and enjoy your kids

Increase your consistency

Notice positive behaviours

Encourage your child

### **DISCIPLINE v CHILD ABUSE**

Discipline is a learning exercise, let kids be kids and handle situations with gentle guidance and use enthusiasm to guide your children. Learn to be flexible and offer alternatives and choices. Child abuse endangers or impairs a child's physical and/ or emotional health to the point where they can experience severe emotional, social and psychological problems.

**REMEMBER: Hitting people is wrong - and children are people too! Tell children you love them . They need to know that (NAPCAN)**

Sometimes it is better to breathe deeply and deal with your emotions before disciplining your child. Here are some alternatives to using physical punishment that may help in stressful situations:

- ⇒ Try to praise your child rather than punish them so try "DO this" rather than "DON'T". Reinforce good behaviour.
- ⇒ Communicate and work out solutions with your child.
- ⇒ Take a few deep breaths and try and relax.
- ⇒ Put your child in a safe place and leave them for a minute while you think.
- ⇒ Walk around outside for a while until you calm down.
- ⇒ If your child is old enough, talk to them about why you are angry with them.
- ⇒ Write a list about all the things that you love about your child and then share this with them later.
- ⇒ Ask for help.

