

# TEN THINGS TO DO INSTEAD OF SPANKING

1. **Ignore:** Ignore behavior that will not harm your children; 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 which undermines the effectiveness of the lesson to be learned.
3. **Logical Consequences:** Let the action do the 'talking', i.e., 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 a curfew — the time is subtracted from the next outing.
4. **Rearrange Space:** Be creative to eliminate conflict; clothes or toy 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.
5. **Redirect Behavior:** If one behavior is a problem, take the energy and have them do another positive action; crayon on the 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 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, to what they want, to make this work.
7. **Fines:** In some families fining (1, 5, or 25 cents) for bad habits, rules violated, forgotten responsibilities — works! Ideally the 'kitty' goes for a family outing — a reward to all in the end.
8. **Work Detail:** Creative use of energy especially for older kids to 'make up' for the 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 window, clean the dog area, stack wood, weed the garden, etc.
9. **Model:** If need be, which is likely — show the child what or how the job, chore, or behavior should be done the appropriate way — patience and practice can turn a wrongdoing into a new helper.
10. **Time Out:** Use time out for dangerous and harmful behaviors — biting, aggressive hitting and purposeful destruction.