




Positive Parenting

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Changes To The Law

-  In September 2006 the law changed on physical punishment to minors.
-  If a parent harms his/her child through physical punishment the defence of reasonable chastisement will now only be considered if the harm is seen as minor.

7 positive parenting tips

-  1. Understand the meaning behind the behavior.

The most important thing is to realize that whatever a child does we may label as bad but the child is doing the best he/she can.

It is our job as parent to find out why he/she is doing it.



2. Focus on controlling yourself not your child.

Parents need to model the types of behavior they want their children to emulate. In case of extreme flare-up you may use the three techniques such as counting to 10, taking deep breaths, or simply walking away.



3. Be consistent with your expectations.

Don't overlook a certain behavior in the hope that it will pass-it won't pass.

You should confront the behavior to the child and tell him/her that is not acceptable.

If he/she continues then its time to remove

him/her from the situation.

 **4. Give attention to the behavior you like .**

Play deaf or walk away when negative behavior arise. Soon the child will learn that there's a better way to communicate.

5. Redirect.

Kids who hear “No”, “Don’t” all the time tend to tune those directives out.

Instead offer a positive behavior to replace the misbehavior.

6. Exploit the “energy drain”.

This can be used to your advantage for instance: If you tell your children you will take them to the park and soon after that they start fighting. So you tell them “wow you need to take that fight somewhere else because I don’t think I’ll have the energy to take you two to the park after dinner.

7. Don't Bribe.

Offering a child a reward sends the wrong message. You shouldn't pay your children to behave.

Parenting doesn't have to be a battle.

Proponents of positive discipline teach that kids can and will behave without threats, bribes and yelling.