

SEVEN WAYS TO AVOID SMACKING

1. HOLD THEM

Hold the child firmly

2. WATCH AWAY

Watch tantrums from a safe distance - the less attention children get for bad behaviour, the less pleasure they will get out of it

3. REWARD THE GOOD

Reward your child when they are good - the more attention they get for good behaviour - the more they will want to be good.

4. TELL THEM

Tell them what bothers you - if they know in advance that you just can't stand the way they throw their coats on the floor, they are less likely

5. TELL CONSEQUENCES

Tell them the consequences in advance - be clear about what will happen if they break a rule.

6. SET LIMITS

Set limits - they are much more likely to stay within reasonable boundaries if you have told them what those boundaries are.

7. EXPECTATIONS

Don't expect too much - two year olds are far too young to understand about road safety, but you would expect a nine year old to understand why it is dangerous to play with matches.