



SCHOOL AGE



PAINLESS PARENTING WORKS. HITTING HARMS.

Bad Grades

Some children learn easily and some need your help to get their grades up.

TRY TO SAY / DO	INSTEAD OF
“You are doing super good at [<i>math</i>]. [<i>Reading</i>] is just more challenging for you.”	“You are so stupid!”
“You just haven’t learned [<i>multiplication</i>] YET, but if we work on it, you will get better in no time.”	“You are not good at [<i>reading</i>] at all.”
“What do you think would make it easier for you to get better grades at school?”	“This is so easy, why are you so bad at this?”
“Do you have a friend we could ask to help you with this?”	“You are no good.”

Make sure child is getting enough sleep in order to learn. 9-11 hours is ideal for ages 6-13.
Help child learn good habits by having daily routines around homework and studying.

Misbehaving at School

Listen to your child’s problems and work out a plan to help with behavioral challenges.

TRY TO SAY / DO	INSTEAD OF
“Your teacher called me about something that happened at school. Can you tell me what happened?”	“You are stupid for getting into trouble!”
“If you could make school any way you wanted, what would it look like?”	“You are heading straight for jail!”
“What do you think would make it easier for you to behave better at school?”	“Let me give you a whooping so you can remember to behave next time.”

Fighting with Siblings

Child is learning about power and empathy.

TRY TO SAY / DO	INSTEAD OF
“If we play together without fighting, we get to do more fun stuff.”	“Stop fighting right now!”
“Let me set the timer so you and your [<i>brother</i>] can take turns.”	
“Your [<i>sister</i>] is younger than you and doesn’t understand how taking turns works yet, can you show her/him?”	
“If you and your [<i>brother</i>] can’t play with the [<i>toy</i>] without fighting, then I will put it away and we will try playing with it again tomorrow.”	“Let me give you both a good whoopin’ so you stop fighting all the time.”
“I’ll have to hold the remote until you two agree what to watch.”	“No TV for a month!”



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Behavioral Problem:

WILL TRY TO SAY / DO	WILL NOT
1.	Hit (spank, whoop, tap)
2.	Yell or scream
3.	Isolate

To schedule or attend a **Painless Parenting** workshop, email: NOCAC@LCMChhealth.org

www.facebook.com/NOCAC

www.instagram.com/new_orleans_CAC

Dear Parents Campaign

www.facebook.com/NOCACDearParents

www.instagram.com/nocac_dearparents

Parenting Tips

- www.CDC.gov/parents/
- www.ZEROTOTHREE.org/parenting/discipline-and-limit-setting
- www.PARENTINGCOUNTS.org
- www.HEALTHYCHILDREN.org
- www.PLAYNICELY.vueinnovations.com
- www.SPARETHEKIDS.com



PAINLESS PARENTING PLEDGE

I,, pledge to never use any form of physical discipline.

I will not hit, spank, whip or tap my child/children.

I know that corporal punishment can harm my child's physical, intellectual and psychological wellbeing, and damage our relationship.

I understand that science has proven that all forms of spanking are harmful, ineffective and can have negative effects on their brain.

I pledge to use effective parenting alternatives that model that hitting is not an acceptable tool for parenting, leadership or expressing emotions.

Parent

Date