



Dr John's parenting tips

The 10 Rules of Effective Punishment, without raising your voice.

Parenting is the most important job we'll ever do and yet children come without a manual – or a money-back option! This parent guide is an extract from Dr John Irvines' book "Who'd be a parent? The manual that should have come with the kids!" Dr John Irvine is one of Australia's most heard and read child psychologists.

Children need punishment to steer their behaviour, and they need encouragement even more. Below are 10 ways to punish effectively, without raising your hand or your voice.

1. Aim your punishment at the action, not the ego.
2. Make it logical – if they can't be home at the time they promised then they're not ready for the freedom of unsupervised time.
3. Make it sensible – a list of jobs on the fridge might save some silly punishment when you're angry and help your workload too.
4. Make it inescapable – con merchants are bred in watery rules. If the punishment seems too hard after you've cooled down then soften, but don't disobey yourself.
5. Make it noticeable – some families become so negative that an extra punishment isn't noticed.
6. Make it acceptable – if rules and penalties are clear and fair then the kids are more likely to accept the consequences.
7. Make it respectful – insulting or bashing just makes them think about revenge not remedy.
8. Make it consistent – as the ancient Greek author, Plutarch, said, 'perseverance is more prevailing than violence'.
9. Make it reasonable – give a reason and sometimes maybe even give a bit of choice on when and how they're going to fix things up.
10. Make it private – public punishment hits the ego not the action and they'll hit back to save face.

Place this list by the phone for fast access in times of emotional emergency.

Anger Rating/10	Action
10	DON'T TOUCH your child. Just go outside for a walk and say 'Hi' to anyone, even a dog will do, to break the pain cycle.
9	DON'T TOUCH your child. Just shake or belt a pillow, and keep doing it till the tears flow and you're both safe. Then take some deep breaths and have a cuppa in another room.
8	DON'T TOUCH your child. Use your phone, not your fist, and let someone know you're in pain. If you need a number phone any Helpline such as Lifeline on 13 1114.
7	TAKE your child out into another room, put on soothing music and just keep rocking together to reassure each other.
6	Massage your child with baby oil. Using warm hands, do the 'Weather Report Massage' on their back: little pitter pat of raindrops followed by the bigger spots, swirl your hands slowly around their back for the big wind, cup hands and pat all over the upper back for thunderclaps and then around the shoulders for the big tides surging. Eventually go slower and softer and calmer as the storm passes.
5	TAKE your child in the car or go for a walk to visit friends, favourite shops or a favourite neighbour. Or just keep driving (if you're not dangerously angry) till you feel better.
4	TALK to your preschool teacher or phone family day care and let them know if you're finding it a bit tough from time to time and need a break and ideas. Remember that people like to help, it makes everyone's life worthwhile if they think they're useful.
3	THINK up some fun things you can do together to get you both laughing, and think up ways to stop you feeling trapped in your own house. Join the Nursing Mothers Association, playgroup or join a parenting course through the local health centre or Community Education Course.
2	PLAY music, burn oils and make your home feel comfortable. Find some company, preferably for yourself and your child, but either will do.
1	WRITE out your ideas and share them, because you're ahead of the rest of us!

Remember, your child will be all right if you're all right, so look after yourself first.

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Rewards and Punishment

Preferred Social Rewards and Punishment by Age

	BIRTH TO EIGHTEEN MONTHS	EIGHTEEN MONTHS TO FIVE YEARS	SIX TO 11 YEARS	12 YEARS AND OVER
R	smiling face	attention	attention	peer attention
E	cuddles	smiling face	adult approval	peer approval
W	stroking	hugs	tokens	independence
A	singing	admiration	name mention	freedom
R	conversing	talk time	peer approval	mature symbols
D	attention	one-to-one-time	mastery	status symbols
S	whispers	impact-reaction	winning	winning
	reactions	pretend play	competency	public recognition
	movement	success	problem solving	respect
	impact	problem solving	competitive success	money
	physical play	bigness recognition	cooperating play	car
	one-to-one time	favourite food	badges	parent-free time
	good taste	rides-rhythm	privileges	friendships
	physical play	approval	status symbols	phone calls
	rhythm	'happy disk'	respect	group inclusion
		TV/video	explanation	sexual attraction
		computers	friends	social competent
			one-to-one talk	approval
			front seat of care	trust
			'green disk'	TV/video
			TV/video	computers
			computers	
P	sad face	sad face	logical punishment	logical punishment
U	waiting	waiting	natural punishment	natural punishment
N	stern voice	stern voice	time out	grounding
I	hairy eyebrow	hairy eyebrow	grounding	privilege stop
S	'no'	'no'	detentions	peer disapproval
H	ignoring	ignoring	privilege stop	
M	sharp clap	time out	'red disk'	
E		adult disapproval	stern voice	
N		toy deprivation	peer disapproval	
T		attention removal		
		scolding		
		'sad face'		
		no TV/video		
		no computer		

These tips are my little effort to help parents regain some confidence and regain some easy authority in their kid's lives. So who'd be a parent? I hope that you wouldn't swap it and that your kids know it!