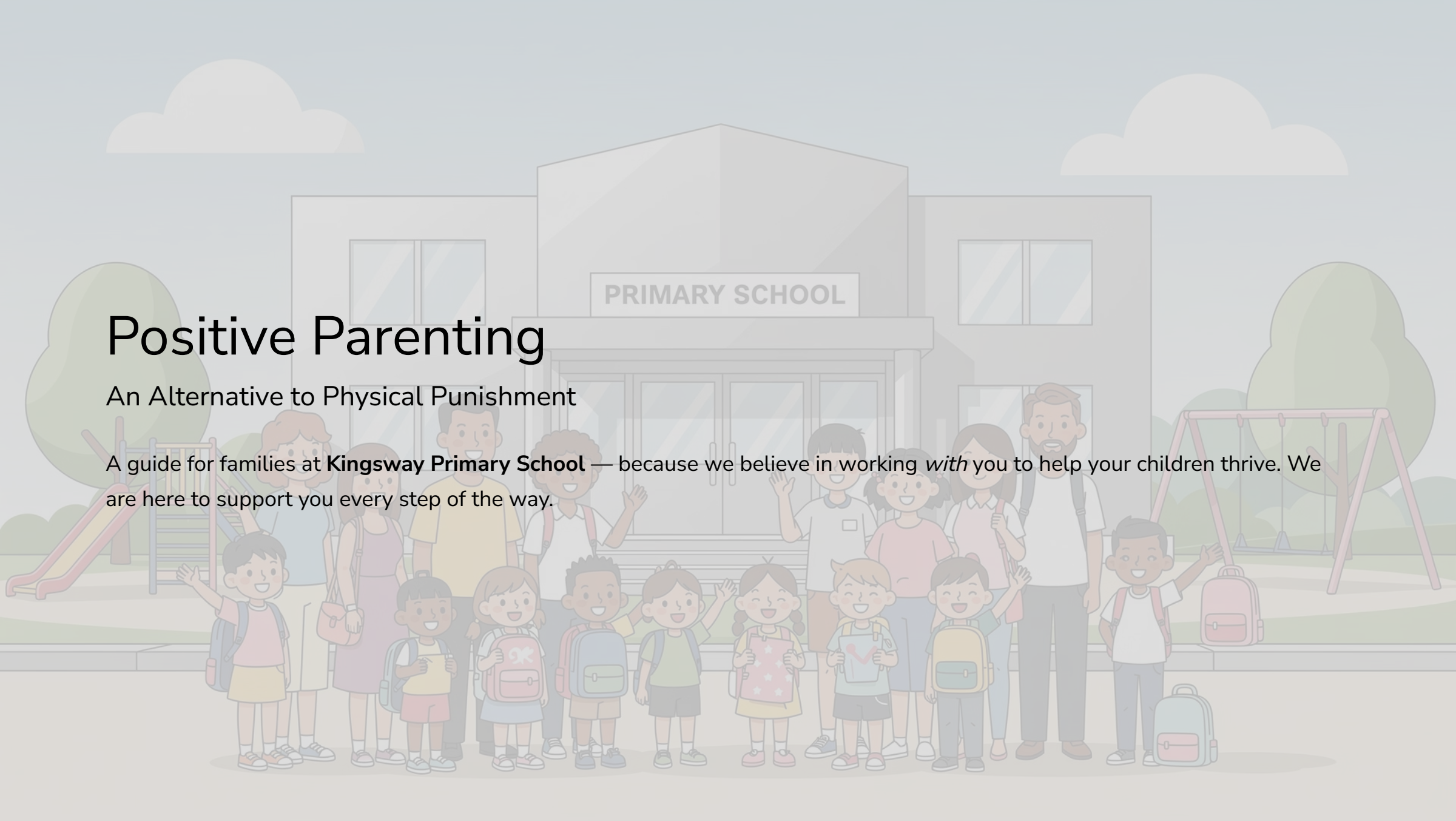


# Positive Parenting

An Alternative to Physical Punishment

A guide for families at **Kingsway Primary School** — because we believe in working *with* you to help your children thrive. We are here to support you every step of the way.



# What is Physical Punishment?

There are lots of types of physical punishment. It can mean **smacking, hitting, slapping and shaking**. But there can be other types too. It isn't possible to give a set list because it can be anything where a child is punished using physical force.



**Research suggests that any type of physical punishment could be harmful to children.**

# Why Physical Punishment Doesn't Work

Every child needs discipline; it is an essential part of good parenting. However, discipline is very different to physical punishment. Discipline is about providing a child with boundaries, guidance and support so they learn appropriate behaviour.

**Physical punishment is not a necessary part of disciplining children.** It may look like it works because children often stop what they are doing when they are smacked, but physical punishment of children is not effective in improving children's behaviour and it doesn't help children learn about self-control or appropriate behaviour.

Physical punishment can:

## Cause Harm

Hurt a child physically and emotionally.

## Cause Distress

Make a child feel fear, anger, sadness and confusion.

## Send the Wrong Message

Give children the message that violence is ok and is an appropriate response to strong feelings.

## Negative Outcomes

Be associated with negative outcomes for children.

# How Do I Discipline My Child Without Using Physical Punishment?

There are many ways to discipline a child without using physical punishment. Here are some approaches that work well at different ages and stages:

1

## Distraction (Young Children)

Sometimes just distracting a young child in a challenging situation is enough to reduce a problem behaviour.

2

## Consequences (3 Years+)

With children over 3 years old you can use a consequence instead of physical punishment, such as removing a toy or activity for a short time.

3

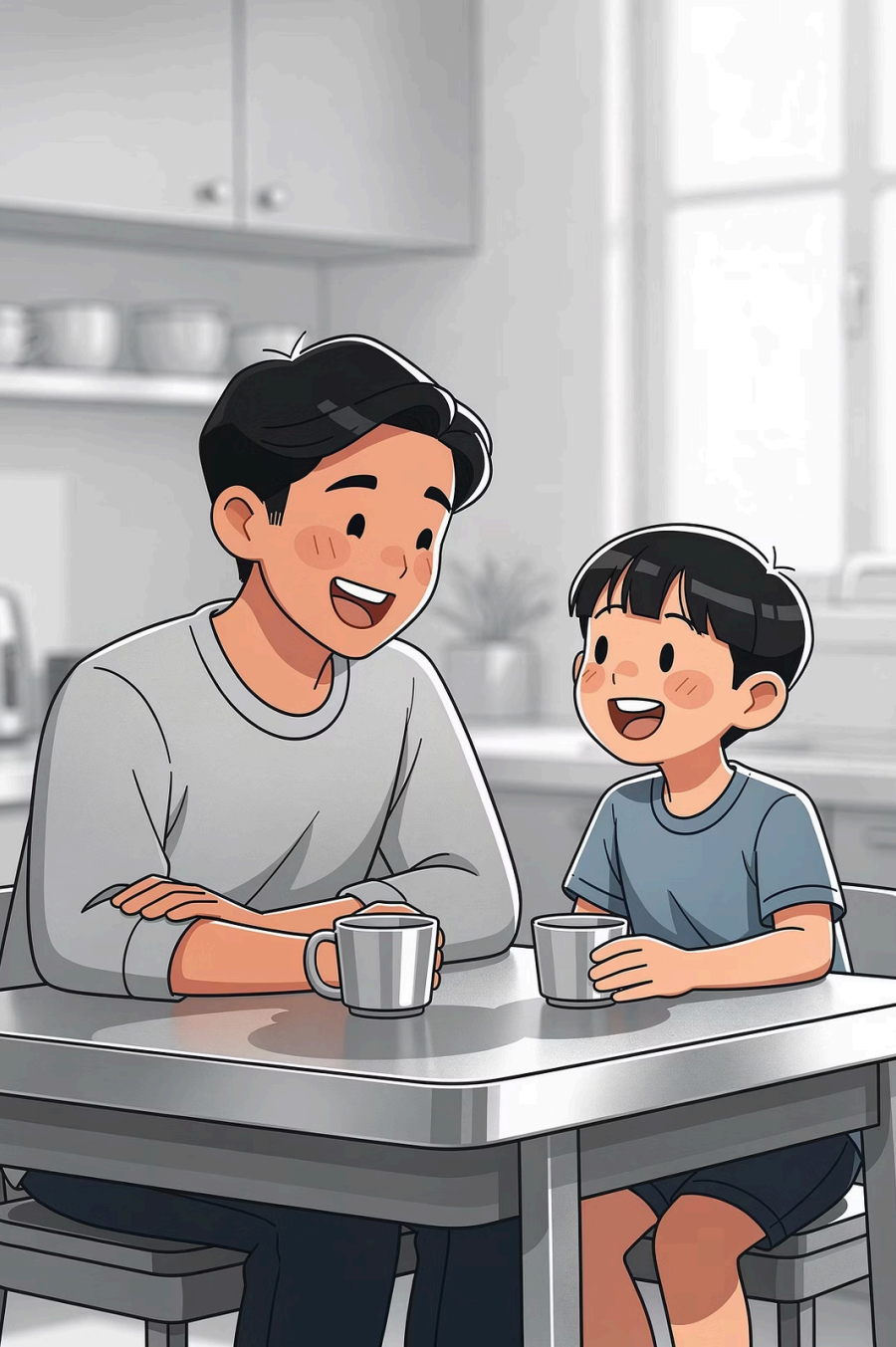
## Knowing What Matters (Older Children & Teenagers)

For older children and teenagers, knowing what would have the biggest impact is important, such as removing access to electronics, spending time with friends or loss of pocket money for a set period of time.

4

## Managing Your Own Feelings

By learning to recognise and manage our own feelings and emotions, it may mean that we can calm situations before they escalate. For example, by staying calm, taking a few breaths or even walking away — you give your child a great example of how to behave.



# Positive Parenting Tips

Small changes in how we respond to our children can make a big difference.

Here are some tried-and-tested positive parenting strategies:

# Positive Parenting in Practice

## → Give Genuine Praise

Give genuine praise for positive (good) behaviour.

## → Clear Family Rules

Have clear family rules suitable for your child's age and ability.

## → Plan Ahead

Plan ahead for times where children tend to behave in challenging ways (e.g. take a snack or a toy on shopping trips).

## → Think About What's Underneath

Try and think about what's going on under the surface of tricky behaviours — is your child **Hungry, Lonely or Tired (HALT)?**

## → Connect Feelings to Behaviour

Connect a feeling to the behaviour e.g. 'I think you are throwing the toys because you are cross, but we don't hurt people'.

## → Develop a Routine


Develop a routine that works for your family.

## → Model the Behaviour You Want to See

A child won't understand that hitting or shouting is not allowed if that is what they see adults do.

# Kingsway Primary School — Our Commitment to You

Every member of staff at Kingsway Primary School has a duty of care, to ensure that all our children are happy, healthy and safe. Children talk to us about things that make them feel sad, worried or frightened. It is common for our children to tell us they have been hit at home, as a form of punishment.

 **We take this seriously.**

If a child tells us about being hit at home, a member of the Safeguarding Team will contact you to have a conversation. We want to work with and support parents to use positive alternatives to disciplining their child. We understand that managing unwanted behaviour in a busy home can be difficult.

When we are concerned that a child might be at risk of significant harm, where abuse might be taking place, we will seek further advice from Children's Services.

# Kingsway Safeguarding Team

You can speak to any member of the team for advice and support, just ask at the school office or phone **0161 224 1269**.

<b>Kate Baskeyfield</b> Headteacher	<b>Claire Lowe</b> Deputy Headteacher
<b>Bethany Jones</b> DDSL	<b>Elizabeth Dunstan</b> Pastoral Lead / Family Support Worker
<b>William Moore</b> Chair of Governors	<b>Paul Walker</b> Assistant Headteacher for Inclusion

✔ We are here for you. Please don't hesitate to reach out — we are on your side and want to support your whole family.



# Other Information & Support

**Trafford Team Together** is a specialist, borough-wide team of practitioners who deliver parenting interventions such as group sessions and help implementing parenting strategies, to families with children aged 2 to 16 years — see a member of the Kingsway Safeguarding Team for further details.

## Positive Parenting (NSPCC)

<https://learning.nspcc.org.uk/research-resources/leaflets/positive-parenting>

## NHS Choices

[www.nhs.uk](http://www.nhs.uk) (children's behaviour)

## Family Lives

[www.familylives.org.uk](http://www.familylives.org.uk)

# We Are Here for Your Family

## Remember

Discipline is about providing a child with **boundaries, guidance and support** so they learn appropriate behaviour — not about physical punishment.

You are not alone. Every family finds parenting challenging at times. Reach out to us — we are part of your school family.

## Contact Us



**Kingsway Primary School**

 **0161 748 1867**

Ask at the school office to speak to any member of the Safeguarding Team.

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Together, we can make sure every child at Kingsway is **happy, healthy and safe.**

  **Kingsway Primary School** — working together with families to give every child the best possible start.