



PAINLESS PARENTING WORKS. HITTING HARMS.

Sexting

Teens need you to teach them safe phone etiquette.

TRY TO SAY / DO	INSTEAD OF
<p>“Sexting has a lot of consequences.”</p> <p>“Sexting might seem fun, but sensitive photos of you will be out there in the world forever the moment you send them to somebody. They can use them to hurt you in the future”</p> <p>“It is illegal to sext. Ask me for help to get [them] to stop.”</p>	<p>“You are heading straight for jail!”</p> <p>“You are a whore!”</p> <p>“Stop sexting with [them]!”</p>

Phone Use

Set clear rules around phone use, and explain clear consequences when those rules are broken.

TRY TO SAY / DO	INSTEAD OF
<p>“You always have to answer when mom/dad is calling”</p> <p>“Phone hours are from 7:30am till 7:30pm on school nights, and 9pm on weekends.” Charge phone in the kitchen or parent’s room.</p> <p>“Do not use it to say or type any hurtful things about other people.” or “How do you think s/he felt when you did that?”</p>	<p>“I’m gonna spank you for not answering.”</p> <p>“Give me that phone!”</p> <p>“You are a bully!”</p>

Dress Provocatively

Child is learning about his/her sexuality and needs your guidance on what is appropriate.

TRY TO SAY / DO	INSTEAD OF
<p>“The school has a dress code that you need to follow.”</p> <p>“I know that [celebrity] wears outfits like this on stage, but when there are no cameras she wears regular clothes just like us.”</p> <p>“A bra and shorts that don’t cover your behind just won’t work to where we are going for lunch. Please, go and change your outfit.”</p>	<p>“You dress like a slut!”</p> <p>“You are asking to get raped wearing that.”</p> <p>“I will beat this nonsense right out of you!”</p>

Acting Like “They Grown” - talking back, breaking curfew

Teens are getting ready to become adults. Be the example of who you want them to become.

TRY TO SAY / DO	INSTEAD OF
<p>“[This] was an irresponsible thing to do. Let’s sit down and figure out how to fix it.”</p> <p>“If you want to stay out until 10pm on Friday nights, I need you to be back on time. If you are late, you will lose this privilege for the next 3 Fridays.”</p> <p>“When you talk to me that way, it’s hard to know how to help you. I will listen when your voice is as soft as mine.”</p>	<p>“You are so stupid, I can’t believe you did that!”</p> <p>“I’m gonna whoop your butt if you are late again.”</p> <p>“Don’t talk to me that way!”</p>



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Running Away

Unsafe home environment is the most common reason for running away. Provide child with safe and supportive environment.

TRY TO SAY / DO	INSTEAD OF
“Tell me why you felt you had to run away. Let’s talk about what’s bothering you and how we can fix it.”	Threatening to not let them come back home.
“What can I do to make you feel safe at home?”	“You are grounded for a month!”
“I was very scared when I didn’t know where to find you. Can you promise me to never do that again?”	Locking them in their room.

Illegal Activity - alcohol, drugs

Peer pressure plays a big role in substance use. Help your child understand the effects. Set a positive example around substance use at home.

TRY TO SAY / DO	INSTEAD OF
“Underage drinking is a serious crime and we both can get into trouble because I’m responsible for your behavior.”	“You are heading straight for jail!”
“Being charged with a DUI is a crime that will stay on your record. It can prevent you from getting into college you want to go to, or getting your dream job down the line.”	“You are grounded!”
“Drinking numbs your reflexes. and you won’t be able to make decisions as fast and clear. That puts you and others in danger.”	
Help your child remember what to say to his/her peers:	
“My mom would kill me if she knew I smoked.”	
“I don’t do drugs.”	
Make a pact with your child:	
“I want you to be safe. If you want to leave a situation, all you have to do is text or call me and <i>I will pick you up from anywhere at any time</i> without asking questions.”	
Have a “code” text message for when your child needs your <i>help to get out of a peer pressure situation.</i>	
When they text you the “code”, you will call them immediately and pretend to “yell at them” to “get home at once.”	
This allows them to leave without feeling embarrassed in front of their peers.	




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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

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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