

Let's think about your parenting.

Discipline vs. Abuse

Parenting is difficult and requires your utmost effort. While giving your utmost effort, in some cases, parents may not realize their disciplining is actually abuse.
In order to sustain a happy household, let's take a look back at your parenting.



1. What is the fine line between discipline and abuse?



Hitting is not abuse! It is only to discipline them so that he / she will have a better life in the future!
I do not want someone to tell me off how I teach my child.

Hitting and yelling is not a good way to discipline your child.
If you abuse your child, all of your family would feel miserable.



★ There are more than 1,000 child abuse cases in a year, and about 30 parents are arrested every year in Gunma Prefecture. Some of those child abuse cases; parents are arrested or lose their job, ended up in the separation of their family.

★ These strong language below can be abusive, and you should not use them.

e.g. "Don't be slow, you stupid child!" "Don't come near me, idiot!" "I wish you weren't born!" etc.



Parenting Tip

Verbal and Physical abuse is NOT discipline.

2. Does parenting violently effect badly to a child?



I shout or hit my child instantly when he / she is naughty!

Physical abuse is definitely not acceptable, nor verbal abuse; hurting a child's feeling or threatening them. You should not argue with your partner in front of your child, either. Those abuses influence badly to child's upbringing.



★ Examples of verbal and physical abuses' bad influences



Distracts
brain development

Children are indirectly taught to solve problems using violence.



Their trust in people deteriorates, which may lead to running away, delinquency, and crime

In-house violence may occur once they are old and strong enough



Violence escalates, and results in serious consequences...



Parenting Tip

Physical and verbal abuse damage child's brain seriously.

(continue to reverse side)

3. Is praising and complimenting an idealistic way of discipline?



If I praise my child, he / she will just be too happy and become silly. What is wrong with shouting to teach them!?

Anyone who is praised feels happy and is encouraged by it. Let's train yourself to be an ideal parent even by small step.



★Let's try some of the things that you can from the following steps.

❖ Communicating with your child

- Children do not understand abstract phrases or expressions.
- Try to tell them what exactly they should do.

Bad example:

"Behave properly!"
 "Behave like a good child should!"
 "Don't do that!"

Good example:

"Can you be quiet, please?"
 "Please do not hit."
 "Getting into fights are wrong."



❖ Effective ways of praising and complimenting

- Hugging, stroking or patting their head, and clapping to encourage them
- Telling them that trying hard and putting effort leads to good results.
 e.g. You have time to read 2 books because you get ready for bed early tonight.

❖ How to calm yourself down

- Breathe in and out slowly.
- Have some warm drink.
- Count to 10 with your fingers.
- Go into a different room and calm down.



Let's try good parenting skills. Please fill in the blank below.

【 Situation 】 What would you say if you see your child is drawing in your favorite book?

(Sample Answer)

This book is precious for me, so can you stop drawing in it, please. I think you find it nicer if you draw on a blank paper. Could you show me when you finish?



Parenting Tip

Parents are only human and can be frustrated.
 Let's try to calm down and relax nicely.

4. Do schools / kindergartens / nurseries or neighbors report parents to municipal or child consultation institution?



How dare schools (kindergartens / nurseries) or neighbors report parents to municipal or child consultation institution? I trusted them!

Schools, kindergartens, nursery or neighbors are legally and socially required to contact municipal and child consultation institution if there are any concerns. They are the closest safe guards for children.



Contact・Consultation
 (reports of child abuse, child-raising, concerns with child development, etc.)

Ota City Hall Children Affairs' Division
 Child-raising Consultation Section
 "Kosodate Soudan-Kakari"
 Address: Gunma-Ken Ota-Shi Hama-Cho 2-35
 Tel: 0276-47-1911

Gunma Toubu Child Consultation Center
 Address: Gunma-Ken Ota-Shi Nishihon-Cho 41-34
 Tel: 0276-31-3721