



Parents' ABC

A

Attention

I will show respect to my child. I will listen to what they say. I will try to understand how they are feeling.



B

Boundaries

I will give my child clear, firm rules and boundaries. They will know which will not change and which might be talked about and negotiated.



C

Calm

I will speak with a calm voice. I will not shout or yell at my child. I will not say unkind words.



D

Discipline

I will explain what is expected and the consequences. I will take away privileges for bad behaviour. I will not hit my child.



E

Encourage

I will give praise that tells my child what they did was good and why. I will give positive feedback, rewards, smiles and hugs to encourage repeated good behaviour.





Choices for Children



Explain expected
behaviour

"John and Anne
stop fighting now.
Thank you."



If they stop
fighting allow
them to keep
playing



IF THEY DON'T RESPOND



Repeat the
expected
behaviour and
the consequence

"Stop fighting NOW
or you will both
spend time-out
on a chair for 5
minutes."



"You chose not to stop
fighting. Sit apart for 5
minutes and calm down
then we will talk about
why fighting is not okay."



A

Always remain calm, whatever the child's reaction may be.

B

Be consistent. Do not give in.

C

Choices - after talking about why the behaviour is not acceptable, give the child another chance to make the right choice a little later.



Family Meetings

Family meetings help families talk calmly about roles, rules and respect. Everyone has a turn to speak while others listen.

Parents show respect to their children by sometimes negotiating rules. Children show respect to parents by following rules.

Family meetings are also a good time to recognise children's positive behaviour and praise them for it.



Family Agreement

I agree to keep these family rules. I understand that if I choose not to follow them, there will be a loss of privileges



Home responsibilities
.....



School work
.....



Home behaviour
.....



Mobile phones
.....



Curfew
.....



Telling lies
.....



Drinking/Smoking
.....



Clothes, jewellery
.....



Off- limit places
.....

**KEY CONTACTS****KEY CONTACTS – QUEENSLAND**

Anti-Discrimination Commission	1300 130 670 www.adcq.qld.gov.au
Australian Human Rights Commission	1300 656 419 www.hreoc.gov.au
Child Protection Authorities	1800 811 810 www.childsafety.qld.gov.au
Dispute Resolution Branch, Department of Justice and Attorney-General	(07) 3239 6277 www.justice.qld.gov.au
DV Connect	men 1800 600 636 women 1800 811 811 www.dvconnect.org.au
Legal Aid	1300 651 188 www.legalaid.qld.gov.au
Family Relationship Centres	1800 050 321 www.familyrelationships.gov.au
Immigrant Women's Support Service	(07) 3846 3490 www.iwss.org.au
Kids Helpline	1800 55 1800 www.kidshelp.com.au
Mensline	1300 789 978 www.menslineaus.org.au
Parentline	1300 30 1300 www.parentline.com.au
Queensland Association of Independent Legal Services (QAILS)	(07) 3392 0092 www.qails.org.au
Queensland Program of Assistance for Survivors of Torture and Trauma (QPASTT)	(07) 3391 6677 www.qpastt.org.au
Refugee and Immigration Legal Service (RAILS)	(07) 3846 3189 www.rails.org.au
Relationships Australia	1300 364 277 www.relationships.com.au
Translating and Interpreter Service (TIS)	131 450 check
Women's Legal Service	(07) 3392 0670 www.wlsq.org.au

