



PAINLESS PARENTING WORKS. HITTING HARMS.

Crying & Fussing

Babies cry and fuss to communicate their needs - hunger, sleepiness, diaper change. They need to be held and cuddled to help them feel safe and secure.

TRY TO SAY / DO	INSTEAD OF
<p>Check to see if baby's diaper needs to be changed, offer a bottle or breast to feed them, or just pick them up and cuddle them.</p>	<p>DO NOT shake baby. DO NOT hit baby. DO NOT toss baby into the air.</p>
<p>Try a swaddle:</p>	<p>Ignore baby's crying.</p>
<p>Try a belly hold to help your baby pass gas:</p>	<p>Hitting baby's butt.</p>
<p>Try taking a walk outside, or a car ride around the block. Try a pacifier, wearing baby in a sling or carrier. Gentle rocking or swinging and walking calms baby down.</p>	<p>NEVER leave baby alone in a car.</p>

Putting Everything into Mouth

Child is learning hand-mouth co-ordination, or is teething and needs safe objects to chew on.

TRY TO SAY / DO	INSTEAD OF
<p>“Here is a binky instead!” “Look at this cool [<i>safe teething toy</i>]!” Put a damp washcloth into freezer for baby to chew on. Child-proof by removing small, chokeable objects from reach.</p>	<p>Hitting baby's hand.</p>

Baby Won't Stop Crying No Matter What You Try

TRY TO SAY / DO	INSTEAD OF
<p>1) Place baby safely in a crib without any blankets or pillows 2) Leave the room to take a short break - take deep breaths. 3) Ask for help from a partner, family member or call a friend.</p>	<p>DO NOT hit or shake baby.</p>



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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



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