

# Papaki Kore No Smacking

If looking after kids is getting on top of you, here are six simple steps you can take to encourage good behaviour in ririki\*



## **STOP** KAUAKA

Take a breather. Calm *yourself* down.



## **GO** HAERE

Make sure your child is safe. Then walk away.



## **IGNORE** E HURI KE

Let annoying behaviour go if everyone is safe.



## **DISTRACT** ME WHAKAWARE

Distract your child with another activity or remove them from that place.



## **PRAISE** WHAKAMIHIA

Be positive. Encourage good or positive behaviour with smiles, hugs and lots of praise.



## **ENJOY** KIA NGAHAU

Use play, singing, games and toys to change behaviour.

\* Ririki is lifted from a famous Ngati Porou haka and means 'young ones'. We use the term to describe Maori children and young people. Unlike the more commonly-used word tamariki, ririki is not gender specific.



# मार पीट नहीं

अगर बच्चों की देखरेख में आपको दिक्कत हो रही हो तो इन 6 बातों को अपनाएँ और बच्चों का सही मार्गदर्शन करें!

## 1. रुक जाइए

स्वास लें! अपने आप को शांत करें!

## 2. हट जाइए

पहले देख लें कि आपका बच्चा सुरक्षित है फिर वहाँ से हट जाएँ!

## 3. नज़रअंदाज़ कीजिए

अगर सब लोग सुरक्षित हो तो गलत व्यवहार को समाप्त होने दें!

## 4. ध्यान हटाइए

अपने बच्चे का ध्यान किसी और कार्यकलाप में लगाएँ या फिर वहाँ से कहीं और ले जाएँ!

## 5. प्रशंसा कीजिए!

अच्छे व्यवहार को प्रोत्साहित करें! मुस्कुराएँ, बच्चे को गले लगाएँ और बहुत सारी शाबाशी दें!

## 6. आनंद लीजिए

बच्चों के साथ खेलें, गाना गाएं, खेल-कूद और खिलौनों से उनके बर्ताव में परिवर्तन लाएँ!



हमारे बच्चे, हमारा भविष्य! इनको सही रास्ता दिखाइए!

हमारे बच्चों को बचाईए!

# Papaki Kore No Smacking

If looking after kids is getting on top of you, here are six simple steps you can take to encourage good behaviour in ririki\*



## STOP KAUAKA

停止：深呼吸一下，冷靜下來。



## GO HAERE

離開：確保您的孩子安全，然後走開。



## IGNORE E HURI KE

不理：讓孩子自己發洩情緒，先以其他人安全為主。



## DISTRACT ME WHAKAWARE

分散注意力：分散您的孩子注意力，給您的孩子其他活動或轉移至到別的地方。



## PRAISE WHAKAMIHIA

讚美：要積極，以微笑，擁抱和讚美來鼓勵良好的行為。



## ENJOY KIA NGAHAU

享受：可以利用玩，唱歌，遊戲和玩具來改變行為。

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# 21 practical alternatives to smacking

Children enrich our lives with their joyful energy, their laughter and their uncomplicated spontaneity. They need to explore, experiment and discover as they learn. But children do get tired like us, and they do make mistakes, so try:

- taking a deep breath and gathering your thoughts
- showing them what they can do instead of what they can't
- taking them outside for a run around
- saying lots of positive things when they are good
- walking away, thinking about what you are going to do, but keeping them within your sight
- thinking about whether they are tired or hungry
- keeping your expectations and rules simple
- accepting mistakes and showing them how they can fix them
- clapping once to get their attention, then giving a simple explanation
- explaining consequences (for example if they throw a toy it might break)
- putting them in a quiet safe place so they can calm down
- getting down to their height to avoid being threatening
- putting precious things out of reach
- singing some loud songs together
- ringing a friend or a neighbour
- sharing stories with other parents
- turning tasks into a game
- speaking softly
- being firm, fair and friendly
- ignoring tantrums
- acting as you want your child to act.

**Barnardos promotes loving parenting and effective positive discipline**

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**papakī kore**  
**no smacking**