



Media Release
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Physical punishment of children is about parent frustration and anger

Sally Teiniker has smacked one of two children. Sally admits at the time she was tired and angry.

“I smacked my daughter across the hand. It alleviated my sense of frustration, but it actually worked against me because that smack did absolutely nothing to change her behavior.

“Smacking her actually wound me up more. It was then I realised there had to be another way.

Sally says we all tend to think of our children as mini adults, able to cope and operate at the same speed we do.

“Our children are not replicas of fast Eddie from the television commercials, ‘I think fast, I drink my coffee fast, I read fast, blink fast, I even sleep fast’.

“We need to slow down and spend more time teaching children what we want them to do. We need to take time to listen to them and gauge where they are at.

Sally has found that her children benefit from consistency.

“When we are inconsistent, the kids spot it a mile away and it doesn’t work. My husband and I talked about the sort of parents we wanted to be and we operate as a unit, rather than as separate adults with varying opinions on family issues.

According to Sally we need to alter our timetable to suit our children.

“I learned early on that going to the supermarket with tired and hungry children wasn’t a huge success, although I admit sometimes it’s unavoidable.

“Now, we do the supermarket shopping at a snail’s pace. The children each have a basket and they feel involved. For my children going to the supermarket is important and they feel they are helping,” she says.

Sally Teiniker has worked part time since the birth of her children. She now works 36 hours a week as a volunteer services leader for Plunket and as a SKIP champion.

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Sally Teiniker is available for interview.

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