



RECOGNIZE | RESPOND | REPORT

# Tips for Families

## Practice Effective Discipline:

Children need help developing their self-control. Hitting, slapping, spanking, and other forms of physical punishment have been proven less effective and are linked to increased aggression in children. The goal of discipline is to teach appropriate behavior, not just “punish” wrongdoing.

## Ask for help:

The importance of asking for help cannot be overstated. If you need parenting advice, financial or safety resources, referrals for mental health, childcare, welfare assistance, WIC, or any other local assistance, our Local Resources page provides information on contacting agencies or those that can get you the help you need.

## Educate Yourself:

Knowledge about normal child development is important in helping parents understand childhood behavior. Caring for children can become frustrating if adults have unreasonable expectations of children’s behaviors.