

CHILD DISCIPLINE VS CHILD ABUSE

As a parent or a caregiver, it is important for you to guide your children. You may, without meaning to, react to misbehaviour and cause harm to them. Discipline is teaching children in a responsible and loving manner, while abuse causes unnecessary pain and suffering to a child.



DISCIPLINING A CHILD THE RIGHT WAY

- Give clear instructions, appropriate to the child's age. For Example, "Place all your toys in the toy box before dinner"
- Tell them what will happen if they do not listen. "If you don't stop fighting over the toy, I will take the toy away"
- Criticise the behaviour, not the child
- Encourage and reward good behaviour
- Deal with bad behaviour by withdrawing privileges
- Respond to minor misbehaviours such as attention-seeking temper tantrums and whining by not giving attention to the behaviour. Distraction also works well for younger children
- Give a child aged two to ten a 'time out' for more serious misbehaviour. Put the child in an isolated yet safe place for a short time – one minute for every year of the child. Talk to your child afterwards and explain the wrongdoing, then tell the child that he/she is loved

Parenting is a fulfilling role that can be challenging. Do seek the support of your loved ones.

DO SEEK HELP EARLY

HELP LINES

ComCare Call
1800 222 0000

FAMILY VIOLENCE SPECIALIST CENTRES

PAVE

Promoting Alternatives to Violence
6555 0390

<http://www.pave.org.sg>

TRANS Safe Centre
6449 9088

<http://www.transfamilyservices.org.sg/safe.html>

Care Corner Project StART
6476 1481

<http://www.carecorner.org.sg/start.html>

You can also find more information at:
<http://www.stopfamilyviolence.sg>



FAMILY VIOLENCE DESTROYS LIVES

SEEK HELP EARLY



Stop Child Abuse

If you or someone you know is experiencing family violence,
call ComCare Call at **1800 222 0000**

Visit www.stopfamilyviolence.sg

STOP CHILD ABUSE



Family violence is any violent, threatening or controlling behaviour that occurs within the family causing a person to live in fear.

WHAT IS CHILD ABUSE?

Child abuse is any act by a parent or caregiver which would harm a child's physical, emotional and/or psychological well-being, and is judged by community values and professionals as abusive.

THERE ARE VARIOUS FORMS OF CHILD ABUSE

PHYSICAL ABUSE

Any act that causes physical injury to a child which is not accidental in nature. It includes deliberately causing bruises, burns, cuts, broken bones by a range of acts such as beating, shaking, excessive discipline.

EMOTIONAL & PSYCHOLOGICAL ABUSE

Any act that harms a child emotionally or psychologically. The acts can be repeated or be an isolated extreme incident. It damages the child's ability to behave, think, reason and function.

NEGLECT

Neglect occurs when a child is harmed because a parent or caregiver fails to provide adequate supervision, food, medical care, and/or clothing appropriate to the child's age and level of development. It may include situations when the parent or caregiver exposes the child to unsafe and/or unhygienic living conditions.

SEXUAL ABUSE

Any act where a child is used for sexual pleasure, or is taken advantage of sexually. It also includes exposing a child to sexual acts or pornography. Sexual abuse can happen to girls and boys of all ages. The abuser is usually a member of the child's family or someone trusted by the child. The abuser may be male or female.

SIGNS AND SYMPTOMS OF ABUSE

The following signs and symptoms may indicate that a child could have been harmed. They could also indicate other problems that a child may be facing, for example, the death of a loved one. Parents, caregivers and professionals should encourage children to share openly on the problems they are facing.



PHYSICAL

Signs could include, but are not limited to:

- Multiple injuries on the child at various stages of healing
- Burns
- Fractures
- Aggression or withdrawal
- Fear of parents or caregivers and avoids contact with them

EMOTIONAL AND PSYCHOLOGICAL

Signs could include, but are not limited to:

- Stunted growth
- Low self-esteem and self-worth
- Depression
- Sleeping and eating problems

NEGLECT

Signs could include, but are not limited to:

- Poor hygiene
- Child left unattended for extended periods of time, inappropriate to the age and needs of the child
- Medical needs not attended to
- Begging, hiding, stealing food
- Constant tiredness

SEXUAL

Signs could include, but are not limited to:

- Torn or bloody underclothing
- Pain or itching in genital area
- Bruises or bleeding in the private areas
- Sexually transmitted diseases
- Inappropriate interest in or knowledge of sexual matters, unsuitable to the age of the child