

# Learn to use Positive Discipline not Physical Punishment

Physical punishment is not a traditional tikanga. However many of us were physically punished as children and grew up thinking it was normal and OK.

Now we understand a lot more about the negative effects of physical violence and the emotional harm to mokopuna when physical punishment is used.



**The simplest tikanga we can have for our whānau is 'no hitting'.**

This helps maintain the mana and tapu of all whānau members and reduces the risk of anyone getting hurt. There are lots of strategies for positive discipline. All of us need help and support to keep learning how to be good parents and to look after mokopuna well.

Check out the SKIP website  
[www.familyservices.govt.nz/skip](http://www.familyservices.govt.nz/skip)