

Non-violent Parenting



Advice by the Institute of Women's and Men's Health
Vienna/ Project NEDA

Legal Situation



Children's rights are embedded in the Austrian constitution. Article 5.1 of the "Federal Constitutional Act on the Rights of Children" reads:

"Each child has the right to non-violent education. Physical punishment, the infliction of mental pain, sexual abuse and any other maltreatment is forbidden. Each child has the right to be protected from commercial and sexual exploitation."



Non-violent Parenting – Why?

Children who experience violence...

- ...tend to use violence themselves.
- ...struggle to build relationships. They are often antisocial and hostile towards peers, which can lead to rejection.
- ...often perform worse in school and have lower language skills.
- ...more often than others suffer from anxiety, depression, low self-esteem and psychosomatic problems.

General Advice



1. Create **clear rules** with your children, which everyone in the family will follow.
2. Possible **consequences** should be **appropriate and transparent**.
3. Send **short and clear messages**. Make sure that your child really understood your message.
4. Give **positive attention**. Children should not only receive attention when they do something wrong, but also be praised when they did something well.
5. **Take care of yourself** – when you are stressed out, there is a higher potential for conflict.

Advice for escalating Situations

1. An angry reaction to a child's outburst can lead to escalation. Try to stay as calm as possible.
2. **Time-Out**: Spatially separate from the child (for example by going to another room).
3. When you are out, try to go to a calm place with your child.
4. Give yourself and your child time to **calm down** (for example by drinking a glass of water, taking a deep breath, counting to 20).
5. Afterwards, go back to your child and **make up** with them.

Sources:
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