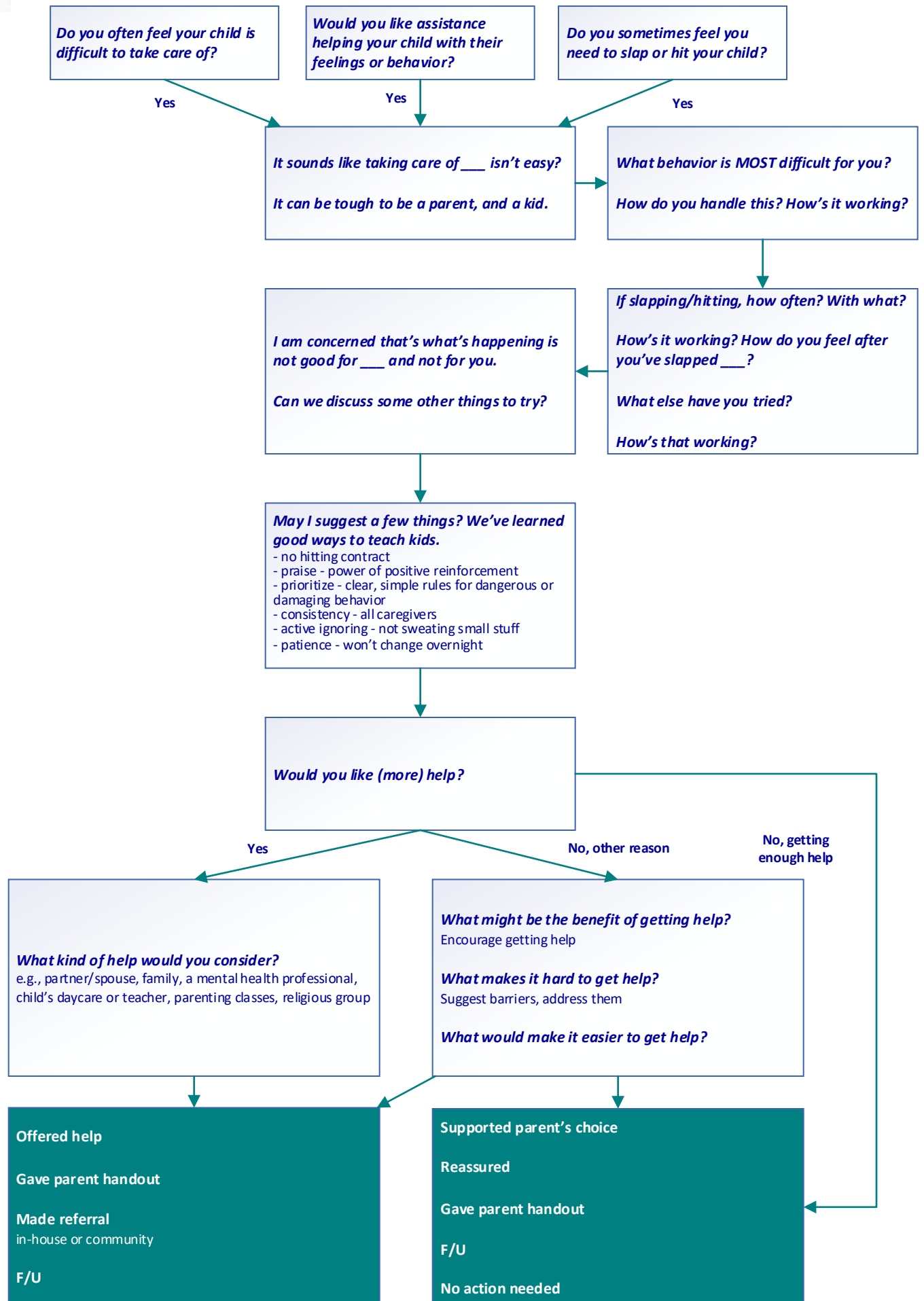


Guidelines for Approaching Possible Harsh Punishment



Harsh Punishment - Addressing Possible Barriers

Barrier: **I've tried talking to my child. It doesn't work**

Response:

- I hear you that you've tried things that didn't work
- I have some other ideas to try. Can we discuss these?

Barrier: **I don't know where to get help**

Response:

- Yes, it's often hard to know where to go
- I'm happy to help you. Would you like me to suggest some things that should help?
- I can also recommend other professionals that help parents like you
- Here's a handout with useful info on good helplines, websites and other nearby places that help

Barrier: **It'll get better with time**

Response:

- I hear you that you feel that "time will fix things"
- While some things do get better with time, how long do you want to wait before things are better?
- Your child could be doing much better. And, you could be feeling better too
- Would you like me to suggest some things that should help?

Barrier: **It's not that bad**

Response:

- I'm glad you don't feel the problem is that bad
- But, how bad does it need to be to get help?
- Would you like me to suggest some things that should help?

Barrier: **I was hit as a kid, and I turned out OK**

Response:

- Lots of people were hit as kids, but we've learned about better ways to teach kids
- Would you like me to suggest some things that should help?

If the problem is more than the PCP can address and a referral is needed

Barrier: **Costs too much**

Response:

- I think I can help you. This should be covered by your insurance
- Would you like me to suggest some things that should help?

If outside help is needed:

- Insurance for counseling has gotten better
- Also, some professionals/clinics accept what you're able to pay and some are free
- Would you like me to check what you're eligible for?

Barrier: **I don't have childcare**

Response:

- Yes, childcare is often tough to find
- Perhaps family or a friend can provide childcare
- Home visiting may also be an option – someone can come to your home
- What do you think?

Barrier: **I don't have transportation**

Response:

- I see transportation is a problem
- Unfortunately, this is so common
- Would you like me to see if there's something close to home or on a bus route?
- Home visiting may also be an option – someone can come to your home. What do you think?

Barrier: **I don't think counseling or parenting classes work**

Response:

- I hear you that you're not sure counseling or parenting classes work
- Have you had a bad experience with these before? I understand that must be discouraging
- Do you think this could be different if you had someone different?
- Would you like me to recommend professionals I think you'll find helpful?
- This is so important. Would you like me to try to find someone?