I am committed to helping you gain your child’s cooperation, improving your relationship with your child, and decreasing the likelihood that you and your child will have to face the negative consequences that you have shared with the therapists. I am going to help you find what works the best to gain your child’s cooperation and reduce his or her behavior problems in an effort to decrease your stress as a parent. As we have discussed, physical punishment is not effective in changing your child's behavior or getting him or her to do what it is you want him or her to do. As such, I am asking you to agree to try to avoid using any type of physical punishment to discipline your child. By signing on the line below, you are stating that you agree to avoid using physical punishment.

_________________________       ______________________
Parent Signature                Date

_________________________       ______________________
Witness                  Date