

# Spanking

Spanking, like other forms of physical punishment, will not teach children what to do the next time they are frustrated, angry or upset.

## Spanking may cause:

- physical and emotional harm
- parents and caregivers to lose confidence in their ability to effectively discipline
- your child to learn that it is okay to solve problems by hitting
- your child to fear you
- your child to feel angry, powerless, and scared
- damage to your child's self-esteem
- damage to your child's trust in you and she may avoid coming to you when there is a problem
- depression, behavioural and emotional problems



# Common Myths

"I only use mild spankings so I don't really hurt my kid"



"Spanking is good for kids"



"If I don't spank my kid, then he won't listen and learn"



"I was spanked and I turned out fine"



# Common Truths

- Parents who think that mild spankings are okay increase the likelihood that they might hit their children too hard when frustrated or very angry
- Even mild physical punishment can cause serious injury
- Children who are spanked may think that it is okay to get their own way by using violence
- Spanking does not teach children right from wrong
- Choosing not to spank does not mean that you are letting your children do anything they please
- In the past, parents did the best with what they knew, but you know more
- It was the positive experiences while growing up that helped you to turn out fine

**Most parents and caregivers don't want to spank their child. Often parents and caregivers can only think of one thing to do when their child misbehaves. The good news is there are many ways to respond to your child's behaviour. Parents who begin to use different strategies for discipline, will find that these work better than spanking.**