

Spanking is not discipline



Spanking is not necessary...There are many proven, age appropriate ways that are effective in guiding a child's developing sense of self-responsibility and setting limits on unacceptable behaviour. Spanking may stop children in their tracks but it does not contribute positively to the child's long-term social development.

Spanking does not teach children how to behave well... Children learn: by being shown how to behave well; by receiving clear messages about what is expected of them; by being loved and valued; by being praised when they get it right themselves.

Spanking or physical punishment models violence...Children learn by example. When they see adults expressing their anger and control of others by hitting, they learn how to hit others themselves.

Losing control of yourself is not an acceptable excuse for hitting others...Parents often hit children when they lose control of themselves or get angry. If you hit or spank your child with an object or if the spanking leaves a mark, it may be considered child abuse and may lead to a referral and an investigation by a Children's Aid Society.

Harsh physical punishment can lead to problems in later life...The harsher the punishment gets, the more likely it is that the child will grow up with problems associated with:

- low self-esteem
- trouble with the law
- mental illness
- violent behaviour

Source...*Children are unbeatable kit*—EPOCH-USA