

# Alternatives To Spanking

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Family Development Resources, Inc.

# About Spanking

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- Children have the right to grow up in an environment free from violence, disrespect, and hurt.



# About Spanking

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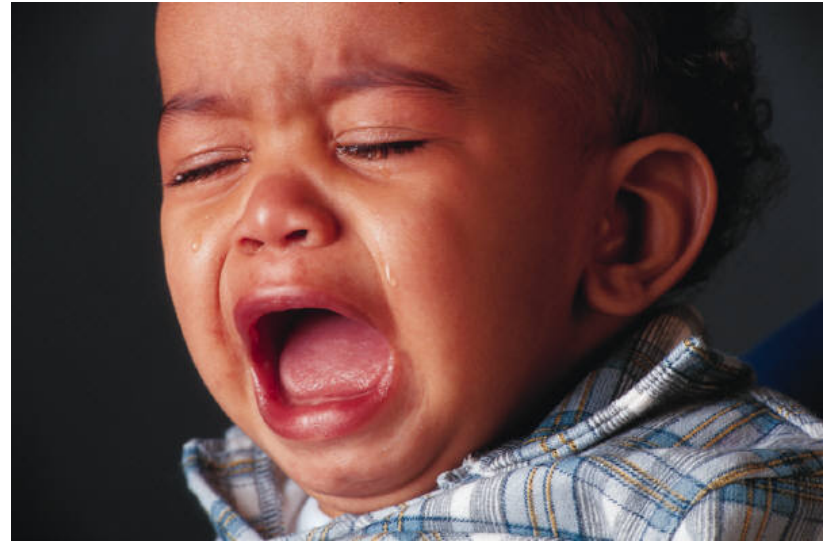
- The greatest limitation of spanking is the negative impact on children's psychological development.



# About Spanking

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- The more frequently that spankings occur, and the greater severity of the spankings (beatings), the greater the negative impact.



# About Spanking

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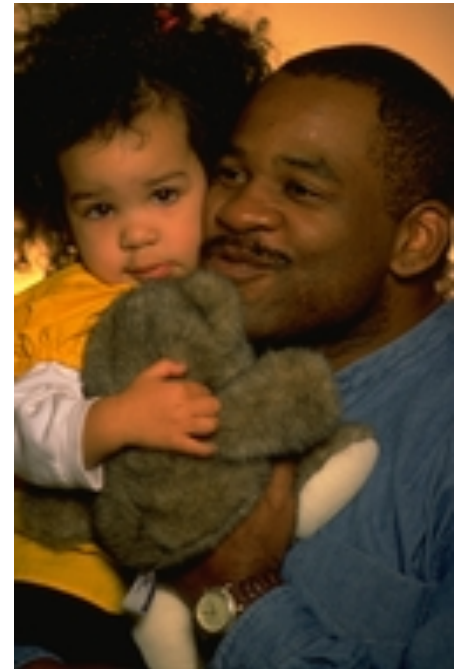
- Violence breeds violence. Children learn how to be violent, and a large part of the learning occurs in the home.



# Parents Hit Their Children Because of Personal History

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- Many people raise their children the way they were raised.
- Adults who were spanked as children tend to repeat those same patterns in raising their children.





# Parents Hit Children to Teach Them Right From Wrong

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- *The reality is that spanking communicates to children that they did something wrong, and that they are bad people.*
- Hitting **never** teaches children what to do or what is the right thing to do. It only teaches children what is not acceptable.



# Parents Spank Children as a Form of Punishment

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- For many parents, hitting is the only way they know to punish children for misbehaving.
- Parents are afraid if they don't spank, then their children will be out of control.






# Parents Spank Children as an “Act of Love”

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- Some parents feel that hitting children is an act of love born out of concern for their child’s well-being.
- Statements like “If I didn’t love you, I wouldn’t be doing this,” or “This hurts me more than it hurts you,” send confusing messages to children.



# Parents Spank Their Children When They are Angry or Stressed Out

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- Parents who are stressed out, angry and who lose control easily are at a higher risk for seriously hurting their children than parents who can control their anger.
- The key to controlling one's anger is to not let it get out of control. Instead, find another way to release anger energy.

# Parents Spank Children To Teach Them Respect

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- Parents demand that their children treat them with respect, yet use violence to enforce their demands.
- Children learn that violence is a way of getting others to do what you want them to do.





# Parents Spank Children Based on Religious Writings

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- “Spare the rod, spoil the child” is the most misquoted and misunderstood phrase in religious literature.
- Members of the clergy believe that the rod represents guidance. Children need guidance, not violence.

# Parents Spank Children Because It's a Cultural Practice

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- Parents of different races and cultures all believe hitting is unique to their culture.
- However, hitting is so widespread throughout society that hitting children is a **societal** practice rather than a cultural one.



# Parents Spank Children to Prepare Them for the Real World

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- Because violence is so common, many parents believe they need to prepare their children for the violence filled “real world” by toughening them up.



# Parents Spank Children to Prepare Them for the Real World

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- The “real world” for a developing boy or girl is not what goes on **outside** the home, it is what goes on **inside** the home.



# Why Is Spanking Detrimental to Children?

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- Parents become people children fear and avoid, rather than someone in whom they can confide.





# Why Is Spanking Detrimental to Children?

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- Spankings given “out of love” can teach children that people who love you should hurt you.
- When they grow up, they may get involved in unhealthy relationships.



# Why Is Spanking Detrimental to Children?

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- Many people have difficulty getting close to others because of these double messages.





# Parent's Personal Struggle to Change

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- It is difficult to break a habit--good or bad.
- Spanking a child is a parenting habit that seems like the right thing to do, even though we may not necessarily feel better about what we did afterwards.



# “I Spank - But I Don’t Hit My Children”

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- Hitting a child, whether it’s called a spanking, walloping, beating, thumping, whipping, smacking or loving discipline, is still violence.
- The single biggest problem with using this rationale is that children will learn to hit others and believe it’s not really hitting.



# “I Deserved to be Hit as a Child”

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- It's difficult for adults to believe that, as children, they didn't deserve the spanking.
- When you hit a child's body, you are telling the child he or she is “bad, no good, unacceptable, inappropriate, etc.”
- When you use positive methods of discipline, you are telling the child what he or she did was bad or wrong, but that he or she is still a good person.

# “I Deserved to be Hit as a Child”

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- The biggest problem with telling a child that they deserve to be hit is that children learn that being victimized is normal or appropriate.
- This is a philosophy that can destroy marriages and lives later in life.





# “I’m Doing This Because I Love You”

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- Hitting someone does not make them feel loved.
- If you look up the word love in the dictionary, you won’t find hurt, pain, violence, and cruelty in the definition. Love is respect, closeness, a spiritual intimacy, belonging and attachment. It is not violence.

# Alternatives To Spanking

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# Loss of Privilege

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- A privilege is a right granted by a parent.
- Privileges can be things like watching TV, playing with a toy, or riding a bike.
- If a child misuses an object or misuses a privilege, he or she loses it for awhile.





# Grounding

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- When a child repeatedly misbehaves, such as, repeatedly leaving the yard without permission, an appropriate punishment is being grounded to the yard or house.
- The child must know that the behavior was inappropriate for grounding to work.
- Grounding should be for a reasonable period of time (one or two days, never more than a week).



# Parental Disappointment

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- Parental disappointment is a simple statement which expresses the parent's disappointment in a behavior the child has chosen to perform.
- If the behavior occurs again, a parent may use time out or take away a privilege.

# Restitution

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- Restitution means that there is a “payback” or logical consequence for a specific misbehavior.
- The goal of restitution is to make good of a wrong.





# Ignoring

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- Ignoring is a way parents communicate their disapproval of certain behaviors by deliberately not paying attention to it.
- Ignoring is appropriate for annoying, but harmless, behavior.
- Parents should praise behaviors they want to increase and ignore the behaviors they want to decrease.



# Ignoring

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- Parents should NEVER ignore behaviors that:
- **Cause harm to the child or others** (hitting pets, hitting self),
- **Increase the risk of physical harm to the child or other children** (playing with matches, playing with electrical sockets),
- **Cause damage to property** (writing on walls, graffiti).



# Verbal and Physical Redirection

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- Verbal redirection tells children what is acceptable and what is not acceptable.
- Physical redirection removes children from dangerous activities and substitutes more appropriate activities.
- Verbal and physical redirection work best when used together.



# Time Out

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- Time out is a temporary isolation of the child from others because of inappropriate behavior.
- Time out should be boring and in a safe, well-lit area where the parent can see the child. Time out should **never** be in a room alone, in a basement, or in a closet.



# Time Out

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- A good rule of thumb is that children should sit in time out no more than one minute per each year of life.
- Children under age 2 should not be put in time out.
- After time out, parents should discuss the misbehavior with the child.





## In Conclusion

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- Spanking is not effective and has many harmful consequences.
- Techniques such as grounding, ignoring, redirection, and time out are much more effective.