



STOP BEFORE YOU SPANK!

Five Reasons NOT to Spank, Hit, or Slap

1. Spanking teaches children they do not have control over their behavior. Lack of this inner control can block children's ability to solve problems and make decisions on their own.
2. Spanking can teach children to rely on others for control of their behavior. Children who learn to rely on external controls are more apt to let circumstances, events, and others influence their actions rather than using their own resources.
3. Spanking is not an effective means of changing behavior. The effects of spanking are immediate but usually are short-term.
4. Spanking can teach children to seek revenge or retaliate against the punisher. It teaches children to hate, fear, and/or avoid the punisher. Children don't easily forget the pain and humiliation of spanking.
5. Spanking tells a child what not to do. It does not teach them appropriate behavior, it teaches them that hitting is O.K.

For information or help: In NH call 211

Adapted from "How to Discipline, With Love" by Dr. F. Dadson, Signet and "How to Talk So Kids Will Listen and Listen So Kids Will Talk" by A. Faker & E. Mazlish, Avon Books

For more Fact Sheets please go to www.ParentHelpNH.org



Children's Hospital at Dartmouth, Injury Prevention Center, NH Department of Health and Human Services, NH Department of Education, NH Pediatric Society, SAFE KIDS NH & Partnership for a DrugFreeNH.org