

FACTS

- Most of serious abuse cases, including death, start with physically disciplining a child, and escalate to abuse.
- A study of 28 countries showed that parental attitudes toward corporal punishment were the strongest variable associated with all forms of child abuse.
- Parents who spank are 4-9 times more likely to engage in abuse.
- In the US spanking children under age 1 corresponds with 33% increase in CPS involvement, compared to children who are not spanked.
- Research shows that serious child abuse decreases when countries abolish corporal punishment.
- 37 countries have full ban on all corporal punishment and 17 are in the process.



A HUMAN RIGHT

"Corporal punishment of children breaches their fundamental human rights of respect for human dignity and physical integrity."

"Violence to women remains prevalent, but it is no longer defended in legislation. It is paradoxical and an affront to humanity that the smallest and most vulnerable of people have less protection from assault than adults."

Global Initiative to
End All Corporal Punishment of Children

Resources

www.stopspanking.org/resources

www.endhittingusa.org

www.consciousparenting.org

<http://www.endcorporalpunishment.org/pages/intro/faqs.html>

For Christians

<http://www.nospank.net/cnpindex.htm>

Credits

The Alliance To End The Hitting of Children, APA, AAP, UNICEF, Project NoSpank, Global Initiative to End All Corporal Punishment of Children, International Journal of Epidemiology, Child Welfare League of America.



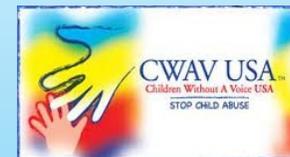
For additional FREE downloadable information please visit www.CWAVusa.org
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WHAT IS DISCIPLINE

The word “**Discipline**” comes from Latin and means “Teaching” or “Learning”.

Discipline is about encouraging children to learn social and moral norms and make good choices.



WHAT IS CORPORAL PUNISHMENT

Corporal punishment is use of force to cause pain in response to a child’s behavior (spanking, swatting, etc.)



INSTEAD OF SPANKING USE THESE TECHNIQUES

Babies and toddlers:

- Distraction - remove or redirect your child.
- Environment modification - baby-proof.
- Prevention - recognize signs of hunger, overstimulation, etc., before meltdown.

Preschoolers and up:

- Role modeling.
- Setting limits.
- Discussion.
- Problem-solving with your child.
- Consequences (natural and logical).
- Reward Charts.
- Time-ins and time-outs.
- Praising good behavior while ignoring bad.

Common misconceptions

*Effective only in the moment,
Corporal Punishment:*

- **Corporal punishment is a form of discipline.**

- Discipline and physical punishment are not the same. The goal of discipline is to teach a skill while the goal of punishment is to inflict pain for lacking skills you think your child should have.

- **Children who are allowed everything grow up to be entitled and disrespectful.**

- All children need rules, limits and routines, set with consistency and empathy. You don’t need to hurt your child to teach “right” from “wrong”.

Discuss why the rule is important and what would happen if it’s not followed.

Children learn what they live, so model behaviors you’d like to see.



- **does not teach self control or what to do.**
- **becomes less effective over time.**
- **has long-term, harmful side effects.**

Children punished physically might:

- Have low self-worth.
- Have lower IQ.
- Fear adults, feel unloved.
- Show anxiety, depression.
- Destroy property.
- Become aggressive, bully others.
- Learn hitting is a way to deal with anger.

This is also true for children witnessing physical punishment.

Using corporal punishment:

- Sets a “Double standard”, where hitting an adult is a crime while hitting a child is not.
- Makes it hard to protect children due to a fine line between corporal punishment and abuse.
- Poses risk of injuries and homicide.

To be an effective disciplinarian

*Take a breath (stay calm).
Hold your ground (be consistent).
Ignore small stuff (pick your battles).
Never compare one child to another.
Kiss and hug your children often.*

*Learn about age-appropriate behaviors.
Organize yourself to include “me time”.
Vouch to build a social support network.
Exercise your sense of humor.*