

Reasons not to hit children

Physical punishment
is unnecessary...

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.

Physical punishment may stop children in their tracks but it does not contribute positively to the child's long-term social development.

Physical punishment
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

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 out 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—rather than because they have chosen hitting as a way to influence behaviour positively.

We do not accept this as an excuse for an adult to hit an adult, so why should we accept it as an excuse for an adult to hit a child?

Harsh physical punishment can
lead to problems
in later life...

Most people who physically punish children explain it as discipline. When it does not work, the degree of physical punishment inflicted on a child can escalate and children can be injured. The harsher the punishment gets, the more likely it is that the child will grow up with problems associated with:

- low self-esteem
- delinquency
- mental illness
- violent behaviour

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

If you know of a child who is being abused or neglected
contact the Children's Aid Society

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Children's Aid Society
LONDON & MIDDLESEX
La Société d'aide à l'enfance