

Why do parents use physical punishment?

Some parents believe that physical punishment is a good way to teach children. Hitting often has an immediate effect. We believe there are better ways to teach children than by hurting them.

Many of us were physically punished by our parents when we were children. Spanking was more accepted in the past than it is today. Some parents hit their children because they are angry and have lost their temper.

What is wrong with physical punishment?

Hitting may have an immediate effect but it does not teach children self-control.

Parents who hit may have to hit harder the next time to get the same result.

Repeated or severe physical punishment can hurt your child, physically and emotionally.

Physically punished children are more aggressive and often have more problems in school.

Physical punishment teaches children that hitting people is okay.

Hitting also teaches children to be afraid and hide what they are doing from you.

Physical punishment can lead to injury and abuse. It is easy to lose control and hurt someone when we are angry.

What is discipline?

Parents discipline their children to teach them how to behave, be safe and get along with other people

How can I teach my children good behaviour?

- be prepared to work at it!
- children often misbehave to test the limits and learn what they can get away with
- teaching good behaviour takes time and patience
- talk and listen to your child. Trust and communication are even more important as children grow older

What is physical punishment?

Hurting children to control their behaviour.

Physical punishment includes hitting, slapping, kicking, strapping, belting, caning, hair-pulling, pinching, etc.

