

THE PROBLEM WITH PHYSICAL PUNISHMENT

EL PROBLEMA DEL CASTIGO CORPORAL

CRC BULLETIN #121

1. Physical punishment is most often a sign of frustration and anger in adults, not a means of teaching children.
2. The use of physical punishment discourages adults from seeking more effective means of teaching children.
3. Physically punished children often do not develop self-control. Adults end up having to act as police officers because as soon as the force is gone, the behavior returns.
4. Physical punishment will frequently increase rather than decrease negative acts. Children who are victims of a lot of physical punishment often tend to be aggressive and hostile. These children may become highly resentful, have high levels of mistrust, and display a negative approach toward life and people. Persistent misbehavior is of ten the only way some children have to communicate that they have unrecognized and unfilled needs.
5. Physical punishment often results in the permanent cutting off of meaningful communication between the adult and child.
6. The frequent use of physical punishment is strongly associated with the development of low self-image in children.
7. Physical punishment hinders learning and developmental progress. When children are nervous and tense or preoccupied with self-protection, they cannot learn as well or as much as when they are relaxed and alert
8. Physical punishment exposes children to violence, makes children the victims of violence, and provides children with a context for learning violence.

The time it takes to f__ll in the bl__nks, cou__d keep y__u from hitting y__our child.

Next time you feel like hitting your child, try another approach. Do something like playing the game above together. Or any game that gives you both the time you need to cool off. Try it out. You'll be glad you did.

Take time out. Don't take it out on your child.

Call the Child Abuse Prevention Council at 707-252-1123

Reprinted with permission from Child Action, Inc.

SOMETHING TO THINK ABOUT:

"Each time I spank I'm teaching, 'when you're angry, hit.' I've never known of a child who was spanked into becoming a more loving human being."

-Haim Ginott

"The mission of Community Resources for Children is to provide resources for the early care and education of children in Napa County"