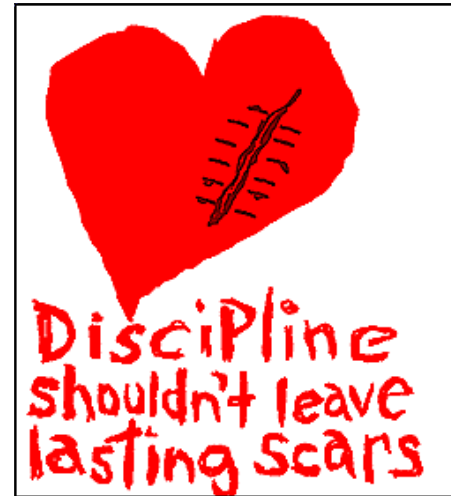


Ten Reasons for NOT Hitting Children

1. Physical punishment increases the risk of child abuse. It is **easy to hit too hard** and cause injuries like bruises, broken bones, welts, and nerve damage.
2. **Physical punishment erodes trust** between a parent and a child.
3. Physical punishment, when administered regularly, is related to a worsening of behavior rather than an improvement in behavior. It **increases** antisocial behavior such as **lying, stealing, cheating, bullying, assaulting siblings or peers, and lack of remorse** for wrongdoing.
4. Hitting children transmits a **pro-violence attitude**. It teaches that it is acceptable to hit persons who are smaller and weaker.
5. **Fear is not an effective way of teaching appropriate behavior**. Fear may lead children to obey only when the person who hits them is nearby.
6. Children who are frequently hit often grow up with childhood **memories of anger and resentment**.
7. Children are often hit for behavior which is **not “bad” behavior** but rather behavior which is related to their needs for attention, nutrition, sleep, and exploring.
8. Hitting a child for misbehavior means the caretaker **loses an important opportunity to teach a more appropriate behavior**.
9. While hitting a child may stop a misbehavior for the moment, **other methods** like time out, reasoning, talking, and implementing non-violent consequences **work as well or better** and do not have the potential for harm that hitting children does.



Better alternatives exist. Children learn best through teaching, discussing, and observing adults who model responsible, caring, and self-disciplined behavior.

Source: Center for Effective Discipline (<http://stophitting.org/>) 2/08

Hawai'i Coalition for Dads

Promoting involved, nurturing, responsible fatherhood

c/o Parents And Children Together, Hana Like Home Visitor Program

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