



Kalamazoo CAN  
(269) 552-4430  
[www.KalamazooCAN.com](http://www.KalamazooCAN.com)

## Spanking and Child Discipline

Spanking is considered by many people a way to control their children. A swat on the behind, a slap to the face, a series of blows with a paddle or belt -- all of these measures have been termed "a spanking" by various parents.

Studies have shown that nearly all people had used spanking at least once. More than half of the 13 year old respondents still receive spankings. One in five parents of 17 year olds continued to use physical punishment to control adolescent behavior. But there are very good reasons to stop spanking and instead use other means of non-violent discipline.

### 7 Good Reasons to Stop Spanking:

1. Spanking teaches children the correctness of hitting.
2. Spanking teaches children that those who love you are those who hit you.
3. Spanking does not teach children self-control; rather, it teaches them not to get caught.
4. Adults spanked as children show an increased tendency toward alcoholism, depression and thoughts of suicide.
5. Spanking erodes the trust bond between parent and child.
6. When spanking is used to control behavior, physical and verbal child abuse is more likely to occur.
7. Contrary to conventional opinion, spanking is no more effective at controlling behavior than nonphysical disciplinary measures, and its effectiveness ebbs with repeated usage.

(Source: Michigan Committee for Prevention of Child Abuse.)

To learn more about child discipline and child abuse, visit the "Resources" section of our website at [www.KalamazooCAN.com](http://www.KalamazooCAN.com). Or call our office at (269) 552-4430.

**Important:** If you suspect a case of child abuse or neglect, please call Child Protective Services immediately at (269) 337-5046. Don't wait. Make this confidential call now.