



## Spanking

If you are a spanker, let me suggest three of the most common reasons you spank.

1. Your parents spanked you.
2. It is a last-ditch effort - desperation, frustration, and panic have set in.
3. You do not have alternative "non-power" skills available.

For the moment, spanking relieves pent-up tension in the parent and makes the child obey temporarily. It only leads to a greater power of resistance and imposes an external control over the child by force and coercion. It almost always is unplanned and happens in a burst of anger.

In hundreds of studies, it has been found that physical punishment by caretakers does not inhibit violence, but likely encourages it. Here are some reasons why.

1. Hitting belittles the child - the child concludes he is bad. Many parents have reported giving the child a hug or talking to them and explaining the reason for the spanking afterwards as a means of relieving their parental guilt. Those acts do not remove the sting - the child feels hit - inside and out, long after.
2. Aggression begets aggression - spanking teaches children undesirable ways of dealing with frustration. It says when you're angry - hit! Spankings frustrate the child and give her a model to imitate and learn from.
3. Hitting is demeaning to the parent - most parents, deep down, do not feel good about controlling their child through spanking. Spanking diminishes the role of a parent. Being an authority figure means you're trusted and respected, not feared.
4. Hitting promotes defiance - you create a child that is more likely to rebel. Even if he appears more compliant after the spanking, he is seething on the inside.
5. Hitting produces negative long term effects - in talking to teenagers and adults about feelings they had or still have about spankings they got as kids, they expressed anger, humiliation, powerlessness, resentment, rejection, and dejection.
6. Spanking effects the relationship between parent and child. The more the child is spanked, the less close to the parent he feels.

How do you encourage your child to be internally controlled? The positive parent provides children with opportunities to make decisions within their (parents) limits and to be accountable for decisions they make. That fosters self-discipline.