

THINK BEFORE YOU SPANK

SPANKING HURTS: BRUISES, BROKEN BONES, OR NERVE DAMAGE CAN OCCUR, ESPECIALLY IF THE CAREGIVER IS FRUSTRATED, STRESSED, OR ANGRY.

SPANKING DAMAGES TRUST: CHILDREN MAY BECOME FEARFUL AND NOT TRUST THEIR CAREGIVER TO KEEP THEM SAFE OR BE CONSISTENT.

SPANKING CAN INCREASE BAD BEHAVIOR: TO AVOID SPANKINGS CHILDREN MAY LIE, CHEAT, OR BULLY.

SPANKING SUPPORTS VIOLENCE: SPANKING TEACHES A CHILD THAT IT IS OKAY TO HIT WHEN YOU ARE NOT HAPPY WITH SOMEONE'S ACTIONS OR BEHAVIORS.

SPANKING CREATES BAD MEMORIES: CHILDREN MAY HOLD ON TO FEELINGS OF ANGER AND RESENTMENT.

SPANKING IGNORES THE NEEDS OF CHILDREN: CHILDREN ACT OUT BECAUSE OF THEIR NEED FOR ATTENTION, SLEEP, NUTRITION, DIRECTION, AND/OR EXPLORATION.

SPANKING UNDERMINES GREAT PARENTING: SPANKING TEMPORARILY STOPS MISBEHAVIOR BUT TAKES AWAY THE IMPORTANT OPPORTUNITY TO TEACH AND MODEL APPROPRIATE BEHAVIOR.

SPANKING DOES MORE HARM THAN GOOD: CHILDREN WHO ARE SPANKED ARE MORE LIKELY TO SUFFER FROM LOW SELF-ESTEEM, MENTAL HEALTH PROBLEMS, CRIMINAL BEHAVIOR, AND REDUCED INTELLIGENCE.

SPANKING IS PASSED DOWN THROUGH GENERATIONS: MANY CAREGIVERS SPANK BECAUSE THEY WERE SPANKED.

EFFECTIVE DISCIPLINE IDEAS

“DISCIPLINE TEACHES, IMPROVES, CORRECTS, AND PREVENTS. PUNISHMENT RETALIATES, HUMILIATES, AND CAUSES PHYSICAL AND EMOTIONAL PAIN.”

SET CHILDREN UP FOR SUCCESS: MAKE RULES AND EXPECTATIONS CLEAR AND PREVENT SITUATIONS FOR MISBEHAVIOR TO HAPPEN TO HELP CHILDREN DEMONSTRATE THEIR BEST BEHAVIOR.

PRAISE AND REWARD POSITIVE BEHAVIORS: CHILDREN WILL LEARN EXPECTATIONS AND WHICH BEHAVIORS TO REPEAT.

UTILIZE TEACHABLE MOMENTS: CAREGIVERS CAN HELP CHILDREN TO MANAGE EMOTIONS, PROBLEM SOLVE, AND COMPROMISE WITH EVERYDAY MOMENTS.



MODEL: DEMONSTRATE HOW TO MANAGE RELATIONSHIPS, SELF-CARE, AND RESPONSIBILITIES DAILY. CHILDREN ARE A REFLECTION OF THEIR CAREGIVERS POSITIVE AND NEGATIVE BEHAVIORS.

USE THE VILLAGE: TALK TO TRUSTED FRIENDS, FAMILY, CHURCH MEMBERS, ELDERS, TEACHERS, AND OTHER PEOPLE WHO KNOW YOUR CHILDREN TO GAIN SUPPORT AND SHARE IDEAS ON HOW TO CORRECT DIFFICULT BEHAVIORS.

ALLOW NATURAL AND LOGICAL CONSEQUENCES: CHILDREN WILL UNDERSTAND THE LINK BETWEEN THEIR BEHAVIOR AND WHAT FOLLOWS TO LEARN FROM THEIR OWN MISTAKES.

TIME OUT: TEMPORARILY REMOVING A CHILD FROM THE SITUATION IS AN EXCELLENT WAY FOR CHILDREN AND ADULTS TO CALM THEMSELVES DOWN.

TAKE AWAY PRIVILEGES, TOYS, OR TECHNOLOGY: CONSISTENT AND FAIR LOSS OF PRIVILEGES ALLOWS CHILDREN TO REFLECT ON THEIR BEHAVIOR AND RECOGNIZE CONSEQUENCES.

VISIT WWW.THINKBEFOREYOU SPANK.COM OR CALL 202-889-4344 FOR MORE INFORMATION AND WORKSHOPS NEAR YOU.