SPANKING VS. BEATING

SPANKING: Hitting with an open hand on the seat of the pants without leaving bruises or lasting marks.

BEATING: Hitting with a fist, belt, cord, switch or other object; hitting with an open hand anywhere other than the seat of the pants; spanking that leaves bruises or permanent marks

If you choose spanking, use it rarely and only to put a quick stop to dangerous behavior. Other types of discipline work better for other situations.

Many parents spank their children at one time or another, and most children probably don’t suffer lasting harm from being spanked. If you choose to spank, keep the following in mind:

- Spanking doesn’t make a child respectful. Spanking often makes a child fearful.
- Spanking doesn’t teach a child how to behave differently or better next time.
- Spanking doesn’t make a child sorry for what he did. Instead, the child may become angry or embarrassed and want to strike back.
- Spanking teaches a child that violence is a good way to solve problems.
- Spanking is confusing to a child who is being taught that hitting is not right.
- Spanking can get out of hand and cause serious or lasting injury.
- Spanking makes a parent look out of control. It is upsetting for the child and others who see or hear the spanking.

Ask a nurse, child life specialist or social worker about FREE child discipline information.