

Reasons not to hit a child

Physical punishment is unnecessary...

There are many proven age appropriate ways that are effective in guiding a child's developing sense of self-responsibility and setting limits on unacceptable behaviour. Physical punishment may stop children in their tracks but does not contribute positively to the child's long-term social development.

Physical punishment does not teach children how to behave well...

Children learn by

- Being shown how to behave well
- Receiving clear messages about what is expected of them
- Being loved and valued
- Being praised when they get it right

Physical punishment models violence...

Children learn by example? When they see adults expressing their anger and control of others by hitting, they learn how to hit it out themselves.

Losing control of yourself is not an acceptable excuse for hitting others...

Parents often hit children when they lose control of themselves or get angry—rather than because they have chosen hitting as a way to influence behaviour positively. We do not accept this excuse for an adult to hit an adult, so why should we accept it as an excuse for an adult to hit a child?

Harsh physical punishment can lead to problems later in life...

Most people who physically punish their children explain it as discipline. When it does not work the degree of physical punishment inflicted on a child can escalate and children can be injured. The harsher the punishment gets, the more likely it is that the child will grow up with problems associated with: low self-esteem, delinquency, mental illness, and violent behaviour (Source: Children are unbeatable kit-EPOCH-USA).

If you are concerned about a child in the community and believe they may be in need of protection, please call the Windsor-Essex Children's Aid Society at 519-252-1171