

Are You Spanking Your Child? What to Do Instead

Are you spanking your child?

Do you feel like you are losing control?



Red, White & Bruises: Spanking in the USA; What to do Instead by Stephen J. Bavolek

★★★★★ 5 out of 5

Language : English

File size : 1889 KB

Screen Reader: Supported

Print length : 38 pages

Lending : Enabled



Do you worry that your child is out of control?

You are not alone. Millions of parents in the United States spank their children. In fact, according to a 2019 study, 81% of parents in the United States have spanked their child at least once.

But is spanking really the best way to discipline your child?

The answer is a resounding NO.

Research has shown that spanking is ineffective, harmful, and can lead to long-term problems for your child.

Ineffective

Spanking does not teach your child anything. In fact, it can actually make your child's behavior worse. When you spank your child, you are simply teaching them that violence is an acceptable way to solve problems.

A study published in the journal "Pediatrics" found that children who were spanked were more likely to engage in aggressive behavior, such as hitting, kicking, and biting. They were also more likely to have problems with anger management and to be defiant.

Harmful

In addition to being ineffective, spanking can also be harmful to your child. Spanking can cause physical pain, bruising, and even more serious injuries. It can also damage your child's emotional health. Children who are spanked are more likely to experience anxiety, depression, and low self-esteem.

A study published in the journal "Child Abuse & Neglect" found that children who were spanked were more likely to have mental health problems, such as anxiety, depression, and PTSD. They were also more likely to have problems with substance abuse and to engage in risky sexual behavior.

Long-Term Problems

The negative effects of spanking can last long into adulthood. Children who are spanked are more likely to have problems with relationships, work, and the law. They are also more likely to become abusive parents themselves.

A study published in the journal "The Lancet" found that adults who were spanked as children were more likely to have problems with violence,

crime, and mental health. They were also more likely to have lower educational attainment and to be unemployed.

What to Do Instead

If you are looking for a more effective and humane way to discipline your child, there are many other options available. Here are a few suggestions:

- **Positive reinforcement:** This involves rewarding your child for good behavior. This can be done with praise, stickers, or small treats.
- **Time-outs:** This involves sending your child to a quiet place for a short period of time. This can help them to calm down and to think about their behavior.
- **Logical consequences:** This involves giving your child a consequence that is related to their misbehavior. For example, if your child spills their milk, you could have them help you to clean it up.
- **Natural consequences:** This involves allowing your child to experience the natural consequences of their behavior. For example, if your child refuses to put on their coat, they will get cold.
- **Problem-solving:** This involves working with your child to come up with a solution to their misbehavior. This can help them to learn how to solve problems and to make better choices.

It is important to remember that discipline is not about punishment. It is about teaching your child how to behave in a positive and responsible way. By using positive and effective discipline techniques, you can help your child to grow into a happy, healthy, and successful adult.

If you are still struggling to discipline your child without spanking, there are many resources available to help you. You can talk to your child's doctor, a therapist, or a parenting counselor. You can also find helpful information online and in books.

Remember, you are not alone. There are millions of parents who have successfully raised their children without spanking. With the right help and support, you can too.

Free Download your copy of Spanking In The Usa What To Do Instead today!

Buy Now



Red, White & Bruises: Spanking in the USA; What to do Instead by Stephen J. Bavolek

★★★★★ 5 out of 5

Language : English

File size : 1889 KB

Screen Reader: Supported

Print length : 38 pages

Lending : Enabled

FREE

DOWNLOAD E-BOOK





Guide To Pencak Silat Kuntao And Traditional Weapons: Uncover the Secrets of the Ancients

Immerse yourself in the captivating world of Pencak Silat Kuntao and traditional weapons. This comprehensive guide unveils the rich history, intricate techniques, and practical...



Unlock Your Financial Freedom: Dive into the ABCs of Real Estate Investing

Are you ready to embark on a journey towards financial independence and passive income? "The ABCs of Real Estate Investing" is your ultimate guide to...