

## CUT IT OUT – SPANKING!

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To spank or not to spank, that shouldn't even be a question! If you think that spanking is an acceptable form of discipline, you really need to CUT IT OUT! How often have your own parents suggested that you need to give your child a good swat to show him who's boss? It might be tempting when your youngster is screaming at the top of his lungs or when he's flailing and kicking in rage but is that really discipline or just you taking your frustration out on him? Sure it feels good in the moment and you might even see what you think is a quick, positive response in your child but don't mistake the short-term positive reaction to be cooperation. That short period where they "behave" isn't cooperation it is fear with a lesson attached that says, the big person wins.

### **Some reasons not to spank:**

- Parents are often angry when they spank and therefore use too much force.
- Spanking is emotional bankruptcy for a parent who doesn't know what else to do, it's the parents job to get more tools.
- Spanking interferes with the parent/child relationship, your child will come to resent you and feel isolated from you.
- Children who are spanked frequently learn to stuff their feelings and can eventually become depressed.
- Children who are spanked are three times more likely to seriously assault a sibling or peer.
- Spanking damages the self-esteem of a child and makes him less likely to be assertive as an adult.
- Children who are spanked frequently and harshly are prone to self-destructive thoughts and suicide in later life.
- If we really love our kids, why would we want to hurt them? Break old ineffective patterns. After all, if you stop the cycle and don't hit your kids, they won't hit your grandchildren.