## Dear Parents,

### Did you know that –

• Spanking shrinks brains.

Harvard Medical School found that kids who are spanked just once a month had 14-19% smaller brains in the decision-making area. These were children who remembered being spanked at least 12 times a year and once with a belt, paddle or brush, but were not injured or spanked in anger.

- 1,574 studies found that spanking is harmful.
- Even 'everyday spanking' is consistently associated with:
- **More** aggression
- **More** negative relationships

Substance abuse

- More fighting

with parents

- Lower cognitive ability - Weaker moral values
- Delinguent behavior

- More mental health problems Lower self-esteem
- More antisocial behavior
- Lower self-control<sup>2</sup>

Spanking lowers IQ.

The University of New Hampshire found that American children who are spanked at ages 2-4 have 5 less 10 points than non-spanked children, even years later. Children spanked at ages 5-9 have 2.8 less 10 points.3

#### FREQUENTLY ASKED QUESTIONS

- Does this mean that everyone who was spanked as a child has problems? No, it means that spanking doesn't help children learn what we want them to learn. Every time we spank a child, we raise the risk that the child will develop problems.
- Why is this so? Spanking focuses on the behavior and misses the underlying need. It might stop a child from doing something in the moment, but the child hasn't learned how to do things differently. And it can lead to built-up resentment and hostility, and prevent some children from telling about sexual abuse for fear of further punishment.
- But I was spanked and turned out okay? Today, we have a tremendous amount of knowledge about how children learn and develop. We know other ways of teaching children that don't have these risks and harms.

Prepared, designed, and disseminated by:

Endorsed by:



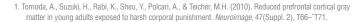


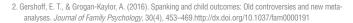












<sup>3.</sup> Straus, M. & Paschall, M.J. Corporal punishment by mothers and development of children's cognitive ability: A longitudinal study of two nationally representative age cohorts. (2009). Journal of Aggression Maltreatment & Trauma, 18(5): 459. doi:10.1080/10926770903035168











## No Hit Zones to No Hit Homes

# PARENTING PLEDGE

to never use any form of physical discipline.	
• I will not hit, spank, whip, or tap my child/chi	ldren.
<ul> <li>I know that corporal punishment can harm m psychological well-being, and that it can dam</li> </ul>	
<ul> <li>I understand that science has proven that all and can have negative effects on children's bi</li> </ul>	•
<ul> <li>I pledge to use effective parenting alternatives acceptable tool for parenting, leadership, or e</li> </ul>	•
Parent	Date
Parent	Date
Prepared, designed, and designed, and on the Abuse of Children® FOUNDLIN	ig



Strengthening Practice Through Knowledge

**Champions For Children** 

disseminated by:

Endorsed by:





\_\_\_\_\_, pledge





