

LEARNING TO MANAGE BEHAVIOUR

The Problem with Physical Punishment

PHYSICAL PUNISHMENT is the use of slapping, smacking or hitting to stop a child's behaviour. Physical punishment can be effective in the short-term, but can be harmful in the long-term, especially when the parent uses physical punishment when they are angry.

The alternative is to use child management techniques that provide instruction and guidance for the child. These may take a bit longer to work, but teaches the child how to gain better self-regulation in the long-term.

Think about what the child experiences just after they have been slapped or smacked by an angry parent. Add to the following list:

- feels pain
- feels afraid
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Think about what the child learns in the long term if the parents often slaps or smacks them when they are angry. Add to the list:

- you don't get hurt if do as you are told (which can make it hard to stand up to people)
- parents are unfair
- parents don't respect or love you
- hitting other people is a good way of controlling them
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Think about what you (the parent) feels when you slap or smack your child:

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