

# CHILDREN'S HOSPITAL IN NEW ORLEANS IS A NO HIT ZONE.

## WHY A "NO HIT ZONE"?

No Hit Zones create an environment of comfort and safety for parents, families, and staff present in our facility. No Hit Zones set a precedent within the community and establish a commitment to the promotion of effective parenting techniques.

### DID YOU KNOW...

As of 2016, the CDC defines physical abuse as "the use of physical force, such as hitting, shaking, burning, or other shows of force against a child."

**Hitting includes spanking, slapping, tapping, whooping, smacking, and paddling.**

Even though physical harm may not be intended, hitting children, including spanking, hurts them both physically and emotionally.

### DEAR PARENTS

The way you respond and react to your child sets the standard for your relationship with them.

*Corporal punishment – no matter the intent – strains the parent-child relationship by creating an environment of fear, confusion, and anxiety instead of one of guidance and respect*

—DOBBS, SMITH, & TAYLOR, 2006

*In the moment, the fear caused by spanking may make your child listen, but will not change how they act in the future*

— GERSHOFF & GROGAN-TAYLOR, 2016

*Children want to please you, so clearly and calmly help them understand why their behavior is wrong.*

—DOBBS, SMITH, & TAYLOR, 2006)

**DIFFERENT METHODS WORK FOR DIFFERENT AGES AND DEVELOPMENTAL LEVELS. WHEN DECIDING ON A PUNISHMENT, BE...**

- REASONABLE
- RESPECTFUL
- RELATE IT TO THE BEHAVIOR
- REVEAL IT IN ADVANCE



- NO ADULT SHALL HIT A CHILD
- NO CHILD SHALL HIT AN ADULT
- NO ADULT SHALL HIT ANOTHER ADULT
- NO CHILD SHALL HIT ANOTHER CHILD



# Dear Parents: **HITTING IS...**

## **...HARMFUL**

**Children who have been spanked are more likely to engage in risky behaviors.**

*They have higher lifetime rates of anxiety disorders, alcohol abuse or dependence, and other problem behaviors.*

— **MACMILLAN ET AL., 1999**

*Spanking increases anxiety and aggression over time. Children spanked frequently by parents are twice as likely to be more aggressive than other children.*

— **LEE, TAYLOR, ALTSCHUL, & RICE, 2013**

*Spanking has negative effects on brain development. Decision-making areas of the brain are 15-20% smaller in kids who are spanked monthly.*

— **TOMODA, RABI, SHEU, POLCARI, & TEICHER, 2010**

*Nurturing after spanking does not counteract the negative effects.*

*For children whose mothers frequently comforted after spanking, anxiety in the children increased over time.*

— **LANSFORD ET AL., 2014**



## **...INEFFECTIVE**

**Spanking can actually increase the unwanted behavior because it does not teach kids an alternative behavior.**

*No evidence was found to show that spanking is associated with improved child behavior*

— **GERSHOFF & GROGAN-KAYLOR, 2016).**

**Corporal punishment does not help children understand what they did wrong.**

*Over half of children under the age of 14 who were disciplined using corporal punishment did not understand the parental disciplinary message*

— **DOBBS, SMITH, & TAYLOR, 2006**



## **WHAT IS EFFECTIVE?**

**Time-in with your child:** Instead of using a somewhat ineffective timeout, try a "time-in" and spend 10-15 minutes playing with your child and let them pick an activity! Or instead, try to reserve a special toy that they can only play with once they have listened or completed a given task.

**Parents need a timeout too:** While research shows that timeouts are not particularly effective for children, they do work for parents. It's very easy to bring our daily frustrations home with us, and even the busiest parents deserve a second to unwind from a stressful day.

**Distraction:** Rather than repeating instructions, redirect the child's attention while correcting unwanted behavior with a simple comment. For example, if your child kicks to get your attention, tell them, "Feet are for walking, not for kicking," then give them a toy or activity to occupy their attention.

**HITTING HARMS.  
PAINLESS PARENTING WORKS.**

