

# The Impact of Spanking Your Child

According to an article in *Pediatrics*, spanking may leave a lasting impact on your child, well past their initial punishment. Your child is more likely to:

- Be more aggressive
- Have problems with vocabulary and language
- Be more likely to have behavior problems

Instead of spanking try:

- Using **logical consequences**, such as taking away the toy if a child is abusing it.
- **Redirecting behavior**, such as giving a child a ball to throw if a child is throwing sand.
- Using the “**When, Then Rule**,” such as telling the child “**when** you pick up the blocks, **then** you can play with the truck.”
- Using **time outs**, such sitting in quiet boring place for a minute per age.
- **Chanel their energy** in a positive way.

## Resources:

<http://pediatrics.aappublications.org/content/early/2013/10/16/peds.2013-1227.full.pdf+html>

<http://www.cottonwoodpeds.com/elevethingstodoinstead.htm>