Spanking and Other Forms of Corporal Punishment: What Experts and Parents Say

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Punishment

“A consequence to behavior(s) that reduces the future likelihood of that (those) behavior(s).”
Positive Punishment

- Positive (+) Punishment (unfortunate choice of terms) is something that is added:
  - Spanking
  - Yelling
  - Reasoning
Negative Punishment

- Negative (-) Punishment is something that is removed:
  - Timeout
  - Redirection
  - Privilege Withdrawal
  - Tangible item(s) removal
  - Ignoring
Redirection

- Best for minor misbehavior
- Best with peer or sibling bickering
- Must have good alternatives available
- Could inadvertently reinforce misbehavior
Alternatives to Negative Punishment

- DRO
- Planned Activities Training
- Praise
Positive Punishment

Negative Reinforcement

https://youtu.be/LhI5h5JZi-U
Negative Reinforcement

Punishment
Negative Reinforcement

- Parents receive negative reinforcement for yelling or spanking
- Spouses/Partners/Friends receive negative reinforcement for nagging
Timeout

- Advantages:
  - If done correctly, it is a good alternative to spanking
  - Best effectiveness is between ages 2-6
  - “Cools down” parent

- Disadvantages:
  - Often done wrong
  - Must have enriched time-in
  - Functions of behavior
Punishment: Side Effects

- Avoidance
- Escape
- Doesn’t teach
- May generalize
- Self-Esteem
- Behavior will likely recur
- Modeling
Common Ideology

- Religion
  “Spare the rod and spoil the child”

- Tradition
  “My parents spanked me and I turned out ok.”

- Uninformed on alternative discipline practices
  “How else am I going to discipline my child?”
Corporal Punishment: The Global Impact

https://blogs.unicef.org/blog/a-slap-child-discipline-or-child-abuse/

*Based on information held by the Global Initiative, February 2015*
Corporal Punishment in Schools

http://www.mrctv.org/sites/default/files/uploads/map.png
Why don't you take this one for a day and see if you change your mind....
Effectiveness of Corporal Punishment

How often do you have to use it?

If you must use it.....
Long-term effects of Corporal Punishment

- “spanking confers no particular benefits and thus might easily be replaced with alternative discipline strategies….” (Ferguson et al. 2013)

- Adverse Childhood Experiences
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