

## Need an Easy Way to Share the Harms of Spanking?

# Simply hand parents a helper card!

We know that ending spanking will prevent child abuse and that parents rely on parenting advice from their pediatrician. Here's an easy way to share the research and give parents support! <sup>1, 2</sup>

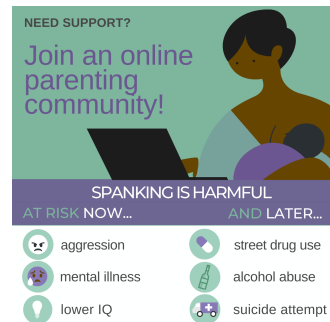
Parents scan the QR Code to find...

1. Facts about Spanking
2. **Effective Alternatives**
3. Live peaceful parenting groups for **emotional support**

(FRONT)



(BACK)



(BACK – option 2)



## American Academy of Pediatrics Policy Highlights<sup>3</sup>

- Spanking is linked to increased aggression, defiance, poor parent-child bond, anxiety, alcohol/drug abuse, mental health and cognition problems
- Spanking is an ACE and has been associated with adverse outcomes, similar to those in children who have been overtly abused or neglected.
- 30% of parents spank their babies before age one.
- A history of spanking with verbal abuse is associated with changes in brain anatomy that can be visualized by using MRI.
- The AAP recommends that parents do not use spanking, hitting, slapping, threatening, insulting, humiliating, or shaming.

## Parents Who **Spank...**

Have **MORE** contact with  
Child Protective Services

Are **4-9X** more likely to meet criteria  
for substantiated child abuse

Use **ATTEMPT TO**  
**DISCIPLINE DEFENSE** in 75% of  
physical child abuse cases

<sup>1</sup> <https://stopspanking.org/helping-parents-to-stop-spanking-babies-can-reduce-child-abuse/>

<sup>2</sup> 2018 Taylor et al. - *US Pediatricians' Attitudes, Beliefs, and Perceived Injunctive Norms about Spanking.pdf*

<sup>3</sup> 2018 *Attitudes Effective Discipline to Raise Healthy Children: R. Sege, MD, PhD, FAAP, Benjamin S. Siegel, MD, FAAP, Council on Child Abuse & Neglect, Committee on Psychosocial Aspects of Child and Family Health*



**HANDS ARE FOR HOLDING**  
STOPSPANKING.ORG