Spanking shrinks brains

Harvard Medical School found that kids who are spanked just once a month had 14-19% smaller brains in the decision-making area.¹

Spanking is significantly correlated with.....

<table>
<thead>
<tr>
<th>Mental Health Problems</th>
<th>Anti-Social Behavior</th>
<th>Child Aggression</th>
<th>Negative Parent-Child Relations</th>
<th>Low Self-Esteem</th>
<th>Child Externalizing Behavior</th>
<th>Substance Abuse</th>
<th>Low Self-Control &amp; Delinquent Behavior</th>
<th>Physical Injury</th>
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<tbody>
<tr>
<td>10 studies showed children who are spanked exhibit mental health problems 3, 4, 5, 6, 7, 8, 9, 10, 11, 12</td>
<td>9 studies showed children who are spanked exhibit anti-social behavior 7, 13, 14, 15, 16, 17, 18, 19, 20</td>
<td>9 studies showed children who are spanked exhibit child aggression 6, 12, 13, 14, 15, 21, 22, 23, 24</td>
<td>5 studies showed children who are spanked exhibit negative parent-child relations 6, 25, 26, 27, 28</td>
<td>3 studies showed children who are spanked exhibit low self-esteem 8, 26, 29</td>
<td>13 studies showed children who are spanked exhibit externalizing behavior 24, 30, 31, 32, 33, 34, 35, 36, 37, 38, 39, 40, 41</td>
<td>4 studies showed children who are spanked exhibit substance abuse 42, 43, 44, 45</td>
<td>11 studies showed children who are spanked exhibit low self-control &amp; delinquent behavior 6, 18, 38, 43, 46, 47, 48, 49, 50, 51, 56</td>
<td>7 studies showed children who are spanked are victims of physical abuse 4, 52, 53, 54, 55, 56, 57</td>
</tr>
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Did you know... Spanking negatively affects IQ

University of New Hampshire found that American children who are spanked at ages 2-4 have 5 less IQ points and ages 5-9 have 2.8 less IQ points years later than non-spanked children.⁵⁸
In the moment, the fear caused by spanking may make your child listen, but it will not change how they listen, or how they act in the future.

While plenty of studies have shown the harms of spanking, no studies have shown that hitting children has positive effects or leads to improved behavior.

Nurturing after spanking does not counteract the negative effects. For children whose mothers frequently comforted after spanking, anxiety in the children increased over time.

Dear Parents,

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

Often children tell me the reason they did not disclose sexual abuse was fear of being spanked or whooped.

Check out Painless Parenting

NOCAC.net/no-hit-zone

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Shawna J. Lee, PhD
Catherine A. Taylor, PhD

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Jennifer E. Lansford, PhD

References: