

# 10 Reasons Not to Hit Your Child

*Guest post by Drs. Sears.*

## 1. Hitting Models Hitting

There is a classic story about the mother who believed in spanking as a necessary part of discipline until one day she observed her three- year-old daughter hitting her one-year-old son. When confronted, her daughter said, “I’m just playing mommy.” This mother never spanked another child. Children love to imitate, especially people whom they love and respect. They perceive that it’s okay for them to do whatever you do. Parents, remember, you are bringing up someone else’s mother or father, and wife or husband. The same discipline techniques you employ with your children are the ones they are most likely to carry on in their own parenting. The family is a training camp for teaching children how to handle conflicts. Studies show that children from spanking families are more likely to use aggression to handle conflicts when they become adults.

Spanking demonstrates that it’s all right for people to hit people, and especially for big people to hit little people, and stronger people to hit weaker people. Children learn that when you have a problem you solve it with a good swat. A child whose behavior is controlled by spanking is likely to carry on this mode of interaction into other relationships with siblings and peers, and eventually a spouse and offspring.

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