



The Cycle of Spanking



Does this sound like you?

Why shouldn't I spank my child? My parents used to spank me and I turned out fine!

Compare that statement to this one:

Not one day passed in my early life when I was not exposed to tobacco smoke. I was even exposed in the womb because my mother smoked when she was pregnant with me - and I turned out fine!

Think the two are totally different? Consider this...

1. Twenty years ago, both were not questioned.
2. Breathing in tobacco smoke will probably not hurt you if you do it once, but it **will** have some effect. Spanking once will not always lead to abuse or unhappy children, but just once can hurt your relationship or make your child think that hitting is ok.
3. Lots of research shows that tobacco smoke is bad for you. Lots of research shows that spanking is not the best option.

4. It is hard to quit smoking – especially the longer you've done it. Once you and your child have learned that spanking is the only way to discipline it gets hard to quit too.