



**PAINLESS PARENTING WORKS. HITTING HARMS.**

Did you know..

**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.<sup>1</sup>

Did you know..

**1,574 studies showed spanking is harmful<sup>2</sup>**

**Spanking is significantly correlated with.....**

**Mental Health Problems**

10 studies showed children who are spanked exhibit mental health problems <sup>3, 4, 5, 6, 7, 8, 9, 10, 11, 12</sup>

**Anti-Social Behavior**

9 studies showed children who are spanked exhibit anti-social behavior <sup>7, 13, 14, 15, 16, 17, 18, 19, 20</sup>

**Child Aggression**

9 studies showed children who are spanked exhibit child aggression <sup>6, 12, 13, 14, 15, 21, 22, 23, 24</sup>

**Negative Parent-Child Relations**

5 studies showed children who are spanked exhibit negative parent-child relations <sup>6, 25, 26, 27, 28</sup>

**Low Self-Esteem**

3 studies showed children who are spanked exhibit low self-esteem <sup>8, 26, 29</sup>

**Child Externalizing Behavior**

13 studies showed children who are spanked exhibit externalizing behavior<sup>24, 30, 31, 32, 33, 34, 35, 36, 37, 38, 39, 40, 41</sup>

**Substance Abuse**

4 studies showed children who are spanked exhibit substance abuse <sup>42, 43, 44, 45</sup>

**Low Self-Control & Delinquent Behavior**

11 studies showed children who are spanked exhibit low self-control & delinquent behavior <sup>6, 18, 38, 43, 46, 47, 48, 49, 50, 51, 56</sup>

**Physical Injury**

7 studies showed children who are spanked are victims of physical abuse <sup>4, 52, 53, 54, 55, 56, 57</sup>

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.<sup>58</sup>



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# 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.

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

In the moment, the fear caused by spanking may make your child listen, but it will not change how they act in the future.

Elizabeth T. Gershoff PhD

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.

Check out  
**Painless Parenting**  
[nohitzone@lcmhealth.org](mailto:nohitzone@lcmhealth.org)  
[NOCAC.net/no-hit-zone](http://NOCAC.net/no-hit-zone)



Stacie LeBlanc, JD, M.Ed.

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

Jennifer E. Lansford, PhD

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

Neha Mehta, M.D., FAAP

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