**Spanking to discipline children**

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Being a parent of a six-year-old daughter can be incredibly challenging task. She did not come with instruction on how to discipline your child. It can be extremely difficult determining a suitable way to raise my child. When I was growing up in India, my parents believed spanking was the only method to discipline. Spanking has been used as a method of correcting children’s behavior since the beginning of recorded history. (Gershoff, 2013). In today’s culture some people still believe that spanking can improve child’s behavior , but others might see it as an abuse which can mold the child in a negative way.

Physical abuse usually is defined to encompass corporal punishment that is harsh and excessive, involves the use of objects (e.g. belts, paddles), is directed to parts of the body other than the extremities, and causes or has the potential to cause physical harm. (Kazdin, A. E., & Bemjet, C. 2003). There are many parents who do not use spanking as first method of disciplinary action because it can lead to an abuse. When you spank a child, it involves taking your hand physical hitting their buttock or thigh to cause pain without causing serious harm. The method of spanking can be short term disciplinary because the child can become resistance to spanking. this is where the parents feel the need to spank harder or even at a different location to get their point cross, which proceed to physical abuse. Some parents do not have the right knowledge to where to spank their child. So, the location of the spanking is important, you can cause physical dames to the child. For example, like shaking syndrome, is one the most significant cause of bleeding in the head for children under two. (“Shaking, hitting, spanking: What to do instead”). Children who are shanked can suffering from emotional abuse, which makes them unwanted and isolated from the parents or friends and lead to depression or even mental problems. Children also can become a child abuser when becoming an adult due to the spanking they received as a child.

This may also teach the child to use violent behavior as a form of resolving troubles.

When Spanking is used appropriately it can be safe and effective. Spanking can be used as one of the disciplinary actions to prevent the child from repeating the same behavior. It is extremely important to understand as a parent how the spanking is being used. The key is that the spanking must be administered in a calm, loving environment. Remember, the focus is on helping a child to learn appropriate behavior, as opposed to simply satisfying a parent’s frustration in the heat of the moment. (“Pro / Con: Spanking,” 2011). Parents should try using the other methods first, such as communication thoughtfully and softly, time out and taken away privileges. The parent should speak with the child to let them know why he or she is getting disciplined. Once all the option has failed, parents can use spanking as alternative. It is best that your child recognizes that you are doing is out of concern and not out of rage or angry. As the child is getting older parents should use alternative discipline. Your child could get a shocked reaction if you never spanked them before. The shock method could work, and your child will not repeat the same behavior again.

There are also two sides of an argument, some who are for spanking and some are not. I have been spanked while growing up. I believe there is a fine line between spanking and child about. Spanking your child to enforce certain behavior can be moral wrong to some than others. This is a valid argument; I have used bother methods on my six years old daughter. I have tired talking to her in claiming and lovely tone of voice, taking away privileges and time out, but the most effective was spanking. Should you spank your child or not is an example of balance of considerations, which is reasoning typically contains both deductive and inductive elements, involves weighing considerations for and against thinking or doing something. I strongly believe in spanking my child to get a positive behavior from her. I do try to explain my child, why I am bout to spank her. I also advise my child not to repeat her mistakes or she will be spanked, nine out of ten, she will not misbehave again. This argument can be an example of negative bias, where the tendency people must weight negative information more heavily than positive. People have seen spanking as a disciplinary action for many years, but recently people start describing it as abuse or corporal punishment. Spanking is causing physical pain or injury, but the attention is not to harm you child, but the educate them in a positive way with milder, loving, and calming way with spanking. Some children do not get scared with other form of punishment, but once they know they will be spanked once the parent will know, the child will more likely will not repeat the mistake. Most of the parents woo are against spanking do not distinguish the concept of spanking from beating. If I use my bare hand to tap or scalp to my child buttock is not the same if I take my closed fits and punched her where it leaves contusion on her skin. . People will always thing spanking do more harm than it will do good.

In conclusion, parents who spanking method to teach a lesson from right to wrong to their children. If the parent is not aware of their strength and angry it can lead to an abuse, which can physical hard the child. It is especially important for the parents to understand the rational about speaking in a milder manner, which you can accomplish you goal to discipline your child. I do spank my child when it is necessary, but I must remind myself that she is six years old and how I am going to get my point across. The main argument is about weather we should spank our children or not, but sometimes other option fails, such as times out, grounding ad taking away privileges is not enough, so we just have to come back to spanking.

**References**

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