



This Hurts Me More Than It Hurts You: In Words and Pictures, Children Share How Spanking Hurts and What To Do Instead

Nadine A. Block

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This Hurts Me More Than It Hurts You: In Words and Pictures, Children Share How Spanking Hurts and What To Do Instead is not another parenting tome by an ivory-towered theorist. This eye-opening book is written and illustrated by those most affected by spanking — children. Their words and drawings show that spanking doesn't result in the behaviors parents and teachers desire. Instead, it sows seeds of pain, despair, anger, humiliation, confusion, anger — and the continuation of a cycle of violence. Ohio girl age 12 “...Would you like to be spanked? No, of course not. It hurts and nobody likes to be hurt.... Do you really want a child to be scared when they make a mistake or would you rather have them learn something from it. Once the spanking is over it's easy to forget what they even got in trouble for. The punishment is just too quick. The child doesn't even have time to think about the mistake they made...” NH boy age 14 “...When a child is getting hit, he feels like he is hated and no one loves him. Over time, children start putting up bricks around their heart. ...When they get older, they may become a cold and callous person who can't love. “ The children also share what disciplinary tactics are effective. Parents, educators and child-care professionals may be shocked to find that reasoned discussions, loss of privileges, “timeouts,” and the opportunity to atone for misbehaviors work better than spanking. Ohio girl age 14 "When I make mistakes my parents will say, 'Well what are you going to do about it?' Sometimes they will force me to think for myself. That tells me they think I can do it. Whenever I think my parents think so highly of me, it makes me feel real good!" Illinois boy age 13 “Adults can teach children without spanking by using punishments or just talking to them. The way my parents punish me is by taking my video games and my cell phone to. Now, that's a punishment because I love my phone. Right now I don't have my phone because of a punishment.” The editors include a section for parents and professionals on questions and answers about spanking and helpful books, video, and internet resources. The book is edited by Nadine Block MEd, a school psychologist, and Madeleine Gomez, PhD, a clinical psychologist, who have spent decades studying the effects of physical punishment on children. The editors will donate book sale proceeds to non-profit organizations working to end corporal punishment of children and promote non-violent child discipline.

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