



جامعة الإمام عبد الرحمن بن فيصل  
IMAM ABDULRAHMAN BIN FAISAL UNIVERSITY

مستشفى الملك فهد الجامعي  
King Fahad Hospital The University

**Stop!!**



**Don't hit your children..**

**Remember!!**

**Before you hit your children...**

- *Beating teaches children violence and pushes them to practice it with other children and adults in the future.*
- *Often the child does not realize the reason for which he was hit, and thus his anger and stubbornness increases.*
- *Beating as an educational and disciplinary method does not lead to solving problems, but rather teaches children undesirable behaviors.*
- *Raising and disciplining children without hitting them is possible, and it is not as some people believe that children cannot be controlled without hitting.*
- *Beating creates psychological and behavioral problems in the child, such as: (anxiety, introversion, poor self-confidence, bedwetting, excessive stubbornness, anger, running away from home or school).*

**Remember!!**

*Your children need your protection from all types of abuse, neglect and exploitation, in order to build a sound, psychologically and healthy generation.*

IAU-23-402

Medical Socialwork Administration

Health Awareness Unit



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### **How to avoid hitting your child?**

- Continuously reinforce positive behaviors in the child.
- Avoid confronting the child if he is upset or angry.
- Try to distance your child from unacceptable behavior by getting him to do other acceptable behavior.
- You should be patient when dealing with children, as their mental ability is not the same as that of adults.
- Seek professional help to control your child's behavior if you feel out of control.
- Calmly explain to the child what annoys you about his behavior and the impact of his continued behavior, then ask him to stop it.
- Ignore simple wrong behaviors that may come from your child if they do not have a significant impact on the course of life.

### **Prevention is better than cure**

- Listen carefully to your child and constantly talk to him.
- Be a good role model for your child in all your words and actions.
- The child's right to rest and play in a manner appropriate to his age must be taken into consideration.
- Continuously reinforce good behaviors in your child instead of constantly blaming and reprimanding them.
- The child must be assured that he is always loved, and that his behavior is undesirable, not the child himself.
- When talking to your child, use participatory phrases, such as: (how about we do such-and-such?) instead of using a phrase (Don't do that..!!)

### **Alternatives to bodily punishment**

*Depriving the child of doing an activity after he has engaged in the wrong behavior, depending on the severity of the behavior. For example, he can be deprived of watching a television program that he likes, playing outside during his free time or depriving him of parts of that time, not going on a specific outing or postponing it.*

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