

Online Resources:

Report on Physical Punishment in the US
www.nospank.net/gershoff.pdf

9 Steps to More Effective Parenting
www.uwhealthkids.org/kidshealth/parents/positive-parenting/family-life/nine-steps-to-more-effective-parenting/22252.html

Discipline Ages 0-13 www.uwhealthkids.org/kidshealth/parents/emotions-behavior/behavior/disciplining-your-child/21713.html

Discipline Without Spanking
www.uwhealthkids.org/kidshealth/parents/qa/parenting/how-can-parents-discipline-without-spanking/32826.html

Essentials for Parenting from the CDC
www.cdc.gov/parents/essentials/index.html

The Center for Effective Discipline—Parent support materials www.stophitting.com/index.php?page=trainingmaterials

Stacey Patton, PhD: Spare The Kids
www.sparethekids.com/

Play Nicely www.playnicely.org

Local Resources:

Center For Families www.centerforfamilies.org/

Family Resource Center www.fsrcdane.org/

Family Service Madison www.fsmad.org/

Office of Child Care and Family Resources @ UW www.occfr.wisc.edu/

The Rainbow Project www.therainbowproject.net

UW Health www.uwhealthkids.org/

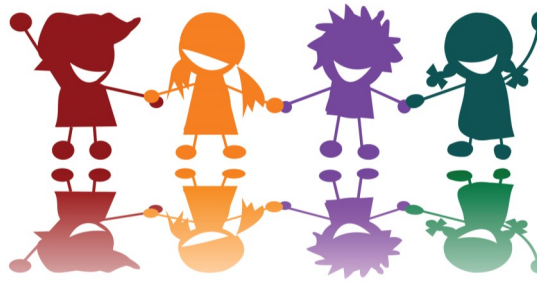


Dane County DA's Office

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The No Hit Zone is designed to promote a non-violent and safe environment for all members of the public visiting the DA's Office.

NO HIT ZONE

Dane County
District Attorney's Office
www.countyofdane.com/da



215 S. Hamilton Street, Madison, WI 53703

What is A No Hit Zone?

The Dane County District Attorney's Office is a **No Hit Zone**. This initiative is an extension of public health and safety policies that serve to promote wellness in our community. This means that we do not allow hitting of any kind: by adults or children, including parents hitting or spanking children as part of discipline.

Why is the Dane County District Attorney's Office a No Hit Zone?

Parents visiting the Dane County District Attorney's Office are often stressed and uncertain. Behaviors of young children intensify these feelings and put parents at risk of engaging in physical punishment. Our goal is to promote a non-violent environment for everyone. Our hope is that this initiative will grow to include communities and families throughout Dane County in an effort to reduce the overall use of physical punishment and the proven negative outcomes including future involvement in the criminal justice system.

Did you Know...

- 1) Physical punishment does not improve behavior in the long-term. It actually leads to more disobedience and aggression in children.
- 2) Hitting or spanking teaches children to use violence to solve problems.
- 3) Using violence as punishment leads to children doing poorly in school and lacking the ability to concentrate.
- 4) Children that experience physical punishment are more likely to become involved in delinquency and criminal behavior.
- 5) Children that experience or see violence view the world as dangerous and scary.
- 6) Experiencing violence as children leads to physical and mental health problems as adults.
- 7) Children that have been physically punished may have difficulty forming healthy attachments and may not be able to trust other people.
- 8) Parents who use physical punishment with their children are at nine times greater risk of physically abusing their child.

Gershoff, E. T. (2008). *Report on physical punishment in the United States: What research tells us about its effects on children*. Columbus, OH: Center for Effective Discipline.

Zolotor A., Theodore A., Chang J., Berkoff M., Runyan D. *Speak Softly - and Forget the Stick: Corporal Punishment and Child Physical Abuse*, 2008. *American Journal of Preventive Medicine* 2008; 35(4) 364-369.

Tools parents can use

- ◆ It's normal for children to get bored waiting. Bring their favorite toy or activity to keep them occupied.
- ◆ Talk to your child and explain why they are asked to behave a certain way; have realistic expectations.
- ◆ Read to your child.
- ◆ Give your child lots of descriptive praise for good behaviors.
- ◆ Teach your child how to resolve conflict without violence.
- ◆ Do something for yourself each day to relieve stress.
- ◆ Set clear limits on your child's behavior; give clear instructions about misbehavior
- ◆ Ask for help if you need it.

We ask everyone who works at or visits the Dane County District Attorney's Office to respect the **No Hit Zone** policy and encourage everyone to avoid hitting others, especially children, in their daily lives.

***Special thanks to the University of Louisville for lending their expertise and materials for furthering No Hit Zones.*