



April is Child Abuse Prevention Month.

Child Abuse Prevention focuses on strengthening families and helping children thrive.

One way to strengthen families is to be sure that parents have the knowledge and tools they need to support their children's learning.

It can be a challenge to teach children to listen, to show respect and to behave appropriately.

We want to be sure that parents know what the experts are saying about the best way to help children develop these skills.

Just like we learned that hand washing can prevent illness and seat belts can help prevent injuries in car accidents, we now know that spanking is not an effective way to help children learn good behavior.

Spanking may temporarily stop bad behavior, but in the long run, it does not teach children the relationship skills they need to thrive in the world.

In fact, spanking gives children confusing messages about trust and love and the use of aggression to solve problems.

The Child Abuse Prevention Council wants parents to know that there is a better way to help children grow into responsible adults and that positive discipline is the key.

Tip sheets and parenting classes are available from Family Resource Centers and community-based organizations throughout Santa Barbara County.

Check the CAPC website for more information. www.preventchildabusesb.com