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Contact: Crystal Cardwell, Development Director  
The Parenting Center  
817-632-5515  
[ccardwell@theparentingcenter.org](mailto:ccardwell@theparentingcenter.org)

**The Parenting Center’s expert response to parenting techniques in recent media**  
*Suzanne Stevenson, The Parenting Center’s Family Life Education Program Director*

FORT WORTH, Texas – Parenting is tough. It requires long hours, quick thinking, and it takes decades to see the fruits of the labor. But sometimes parenting is *really* tough when a child misbehaves, and we are unsure of what to do, but we know something must be done. It is often in those moments that we resort to physical punishment. While spanking may stop the immediate behavior, it often fails to teach the child what behavior to do instead. “Hitting never teaches children what to do or what is the right thing to do. It only teaches children what is not acceptable” (Family Development Resources, Inc., Alternatives to Spanking). A recent Southern Methodist University study on the effectiveness of spanking revealed that children often respond to the spanking with more misbehavior within 10 minutes of the spanking.

Most parents who choose to use corporal punishment do not intend to hurt their child, but intend to stop misbehavior. They would never think of themselves as a child abuser. It comes as a shock to parents when they learn that they are being investigated for allegations of child abuse, especially when it is for spanking. One of the *really tough* aspects of parenting is learning how to handle misbehavior without corporal punishment. It requires learning about general child development, how to use logical and natural consequences, being clear and concise, and toughest of all, being consistent. When parents feel like they have many tools to handle misbehavior, they are less likely to hit in anger, and more likely to use consequences that will improve the child’s behavior and decrease the need for correction. The Parenting Center has many classes and topics to equip parents with the tools they need to be successful in managing misbehavior that produces respect and dignity for all members of the families.

**About The Parenting Center:**

The Parenting Center is a 501(c)(3) nonprofit with a mission of providing families the tools to succeed. The agency impacts over 16,000 individuals a year through its Family Life Education, Counseling, Case Management and Co-Parenting programs. To learn more about The Parenting Center’s dedication to safeguarding our children, please contact 817-632-5515 or visit [www.theparentingcenter.org](http://www.theparentingcenter.org).

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2928 West Fifth Street • Fort Worth, Texas 76107 • 817-332-6348 • 817-332-6489 FAX