**Reflective Prompt Assignment 1-Foundations**

Spanking is a very controversial issue. It may be harmful to some children, and not harmful to others. Parents discipline their children in many different ways. Some parents punish their children when they are acting out or misbehaving by giving them a time out. Some parents choose to ground their children. Other parents take away some privileges from their children, for example, not letting them play video games for a day, or limiting their time on the computer. Other parents choose to spank or use physical punishment their children. This can result in a wide variety of effects on the child. The child who is being spanked may learn from the experience that spanking hurts and therefore they will be less tempted to repeat the behavior they were displaying before. This is usually the hope of the parent spanking the child. However, spanking can unfortunately affect the child negatively as well.

Spanking may scare or traumatize the child and therefore result in an increase in negative behaviors from the child. The affects that spanking has on a child strongly depends on the temperament of the child. A child who is introverted may internalize the experience of being spanked and become less social with peers and family. However, an extroverted child may learn from the spanking experience not to act out in whatever behavior led up to the spanking, and may not be affected negatively at all. Research studies do show that parents who were spanked themselves as children are often more likely to spank their own children. Some people may argue that spanking teaches children that violence is an appropriate way of dealing with a problem. It is also viewed as hypocritical in some cases. A parent might spank a child because the child hit his or her sibling. In this case, the parent is using violence, spanking, to discipline their child for using violence, hitting his or her sister.

There are many alternatives to spanking. Positive reinforcement for behavior that a parent sees in a child is a great way to teach children to behave appropriately. Parents can also choose to try and talk out the problem with their child. Sometimes, knowing how a parent feels when a child acts a certain way is enough to make the change their behavior.

I learned about the information I used for this paper in my child development courses. There were discussions on spanking and its effects in Professional Seminar for Child Development. I also learned about this topic in my Issues in Child Development course. I have had conversations in real life about the topic of spanking. I have been presented with a similar comment as the one in the prompt for this assignment and I usually bring up the point of spanking being hypocritical. It doesn’t make sense to me to try and discipline your child by spanking them. This is teaching the child that violence is an appropriate way to deal with or resolve a problem.