

5 Ways

an Active Parenting class helps

to prevent child abuse

Active Parenting teaches parents:

- 1 to treat children with mutual respect & use non-violent discipline**
- 2 encourage children**
- 3 foster independence**
- 4 empathize with children**

And:

- 5 Active Parenting builds the parents' own courage and self-esteem**

Parenting education can be a very potent intervention.

Hundreds of thousands of children in the United States are abused each year. 68% of abuse victims are abused by a family member.

Parenting education gives parents the tools they need to handle difficult situations in a positive way.

*"Children need encouragement like a plant needs water."
- Rudolph Dreikurs*

7 Good Reasons NOT to Spank:

1. It is too easy for frustrated parents to cross the line from spanking to abuse.
2. It makes a child feel helpless damaging their self-esteem which can lead to problems as an adult
3. Spanking damages your relationship
4. It usually leads to more misbehavior
5. It models aggressive behavior
6. Spanking often leaves the parent feeling guilty
7. **There are many MORE EFFECTIVE METHODS OF DISCIPLINE**
(see ActiveParenting.com for more info)



Scan here to learn more about reducing the risk of child abuse.

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Every stage. Every step.