

Hitting as punishment is harmful to a child's health. In moments of high parenting stress or frustration, remember STOP:

**Slow down**  
**Think through your**  
**Options and**  
**Proceed with the best one**

Healthy Kids  
Safer Communities



There are safe, healthy and effective discipline alternatives that encourage learning and positive child development. Learn more at [ThisIsANoHitZone.org](http://ThisIsANoHitZone.org).