



Online Resources

To learn about effective and positive discipline:
AAP.org

For information on disciplining:
first5la.org

For advice on how to discipline:
healthychildren.org

For advice on how to discipline:
healthychildren.org

For No Hit Zone:
www.endhitting.org



For parenting classes:
211la.org

To report child abuse 24/7,
contact:
Child Protection Hotline
(800) 540-4000



LEARN MORE

Inter-Agency Council
on Child Abuse and Neglect

 ican4kids.org
 [@ican4kids](https://www.facebook.com/ican4kids)

Hug me. Don't hit me.



To create and reinforce an environment of comfort and safety for children, adults, families and staff.

HIT FREE ZONE

A No Hit Zone is an environment in which

- No adult shall hit a child
- No adult shall hit another adult
- No child shall hit another adult
- No child shall hit another child

THIS FACILITY IS A NO HIT ZONE

WE ENCOURAGE YOU TO




- Listen and talk with your child
- Let your child know what behaviors you expect
- Understand what behaviors to expect based on your child's age and development level



SAFE SECURE AND SUPPORTIVE

Los Angeles County promotes a Safe, Secure, and Supportive environment for all of our children, adults, families and staff with the mission to create a positive parent-child relationship, and reduce the harm that hitting causes in children.

Facts about hitting

-  Hitting teaches children to use violence to solve problems
-  Experiencing violence as children leads to physical and mental health problems as adults
-  Physical punishment does not improve behavior for the long-term. It actually leads to more misbehavior and aggression in children

HITTING HURTS

Many parents and caregivers believe that hitting a child is an effective way to discipline and encourage respect. In fact, many of us probably were hit when we were children.

Current research, however, tells a very different story - namely, that hitting hurts - in more ways than you might think.

EFFECTIVE DISCIPLINE

There are many ways to address and manage children's behaviors without the use of physical punishment, such as:



Guide and teach instead of hit



Reward positive behaviour



Build structure and routine in the child's day