Hitting as punishment is harmful to a child’s health. In moments of high parenting stress or frustration, remember **S.T.O.P.**:

**S**low down

**T**hink through your

**O**ptions, and

**P**roceed with the best one

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