

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

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



NO HIT ZONE

Caring communities. Healthy kids.



There are safe, healthy and effective discipline alternatives that encourage learning and positive child development. Learn more at **ThisIsANoHitZone.org**.