



“NO” to physical punishment!

OSEKKAI Kun
Tokyo's Child Abuse Prevention Character



<https://www.fukushihoken.metro.tokyo.lg.jp/osekkai/>

Handbook for raising children without physical punishment



Raise children without physically punishing them

What to do



Don't spank, don't shout.
It means to support children so they can pave their own way through life.

Raising children can be fun, but it's also very hard. Raising children without spanking or shouting doesn't mean letting children do whatever they want. It means to support children so they can pave their own way through life. It's absolutely NOT OK to spank or shout at a child. But it can sometimes be hard to know what to do. Please use this handbook to put some extra tricks up your sleeve to help deal with your children when things get tough.

(The phrases and ideas here are just examples. Try to find something that fits your child's character and level of development.)



“NO” to physical punishment!

Spanking and shouting has a serious impact on children.



Research has shown that physically punishing children can have a serious impact on their brain development*.

* Based on research by Akemi Tomoda (Fukui University), Martin Teicher (Harvard University) et al.



Children who have been spanked or hit by the age of three and a half have a heightened risk of problem behavior at five and a half.*

* Takeo Fujiwara et al. at Tokyo Medical and Dental University “Spanking and subsequent behavioral problems in toddlers”



Children grow fearful of their parents and aren't able to ask them for help, which can develop into bullying and other problem behaviors.

Spanking and shouting:

- Can disrupt the healthy growth and development of the child
- Violates the rights of children. Children are guaranteed the right to be protected from violence.



You can decide now to never spank or shout at your child.

**My child always gets cranky
when I'm in a hurry.**

I see. It seems like you
don't want to put your
shoes on right now.



01

**Acknowledge your child's feelings and
communicate using positive wording.**

For example, it's time to go outside but your child protests, saying, "I don't want to put on my shoes." When this happens, first take a moment to acknowledge your child's feelings, and say it in a positive way. Instead of saying "Hurry up and put on your shoes." Try, "You don't want to wear these? But you like them, don't you? They're very cool." When children's feelings are acknowledged by their parents, they feel like they are valued.

Fighting over a toy.

I don't want my child to grow up selfish.



02

Ask and discuss with your child what they think they should do.

A child takes all the toys, and won't share with a friend. No matter how many times you talk to them about it, they continue to do it. When this happens, instead of ordering the child to "Give her the toy!" first acknowledge the child's feelings and then ask, "What do you think you should do?" and think about it together. If they can't think of anything, propose a solution like, "I wonder if you might try this" or say, "Alright, let's do something different together" and try to shift the focus to something else based on the situation and the child's level of development.

I'm wiped out at work. And wiped out at home.

I love my child but I feel like I might explode.



03

Tell the child “It’s NOT OK” without raising your voice, and praise them when they do something good.

Sometimes children do things that adults don’t want them to do. But parents are human. When they get tired, they can get irritated and might take that out on their children. When this happens, try to calm down, and clearly tell the child “it’s NOT OK” without getting too emotional. Then, give a short explanation about why it’s NOT OK. Then, if the child does something good, praise them right away. This will help the child gain confidence and connect to good behavior.

It's tough when we pass by the candy aisle and my child starts to whine.



04

Even if they get angry, don't buy it. Help them calm down.

In places like the supermarket, sometimes children make a fuss and won't take no for an answer. When this happens, move to another location if you can, and take a moment to help them cool down. It's important to personally take a moment to do some deep breathing or other way to keep calm and control your emotions. Once children calm down, tell them that you understand that they want you to buy it, and explain why you won't. Another strategy is to explain "We won't buy it today" before you go. Tell them how proud you are when they are able to control themselves.

We love our child very much.
Why is it so hard to get it right?



When you're busy or feeling stressed, find ways to let go of your frustration.

These are some effective ways of cooling down.



Take some deep breaths.



Count slowly.



Step away for a moment, for example to the bathroom.



Open a window and feel the breeze.



Wash your hands or face.



Wash the dishes.



Look in the mirror.



Put on some music you like.

Talk to friends and family about problems and concerns, even if they seem small.



For when you want to do better, but you're not sure how:

Find your nearest:

Families with Children
Support Center

Families with Children Support Center

Search



Official LINE Account Name

Ko-gokoro Oya-gokoro Sodan@Tokyo

子ゴコロ・親ゴコロ相談 @ 東京

LINE Add friend



Child Guidance Office's
Child Abuse Hotline



189

(Some IP phones may not be able to dial)

4152 Advice Hotline
Tokyo Child Guidance Office



03-3366-4152

Not a toll-free number

Made with help from Tokiko Koso.

Chairperson of the Japan Network for Prevention of Child Abuse and Neglect

(References) Tokiko Koso "Kanjoteki ni naranai kosodate", Kanki Publishing/Akemi Tomoda "Kodomo no no-o kizutsukeru oyatachi", NHK Publishing



April 2019

The Tokyo Metropolitan Government Ordinance regarding
the Prevention of Child Abuse was put into effect.

Article 6 (2): Guardians must under no circumstances give corporal punishment or conduct other Punishment in Violation of a Child's Dignity.

Article 2 (1) #7: Punishment in Violation of a Child's Dignity: Any act committed by a Guardian when disciplining a Child that may cause physical or emotional pain (including cases in which the Child does not feel such pain), that goes against a Child's interests.