

Is your relationship with your child healthy?

Discipline vs Abuse

Parenting is difficult and requires your utmost effort. While giving your utmost effort, in some cases, parents may not realize their disciplining is actually abuse. In order to sustain a happy household, let's take a look back at your parenting.



1. What is the fine line between discipline and abuse?



Hitting is not abuse! It is only to discipline them so that they will have a better life in the future! I do not want someone to tell me how I do.

Hitting and yelling is not a good way to discipline your child.



- ★ **Even if parents believe that it is discipline, assaulting a child in a way that may result in injuring them is considered physical abuse. Also, any action that intentionally causes physical pain or discomfort is considered corporal punishment no matter how slight it is. Abuse and corporal punishment are prohibited by law and ordinance.**
- ★ **There are 1,977 child abuse cases (in FY 2022) and 45 parents are arrested (in 2022) in Gunma Prefecture.** Some of those child abuse cases; parents are arrested or lose their job, and ended up in the separation of their family.
- ★ **These strong language below can be abusive, and you must not use them.**
e.g. "Don't be slow, you stupid child!" "Don't come near me, idiot!" "I wish you weren't born!" etc.



Parenting Tip

Verbal and Physical abuse is NOT discipline.

2. Does parenting violently effect badly to a child?



I often shout or hit my child instantly when they are naughty!

Brain research has shown that harsh physical punishment can have a bad influence on brain development. Please do not abuse your child since it will influence badly to child's upbringing.




★ Examples of verbal and physical abuses' bad influences


Distracts brain development


Children are indirectly taught to solve problems using violence.




Children become distrustful to others, which may lead to running away, delinquency, and crime.

In-house violence may occur once they are old and strong enough.




Violence escalates, and results in serious consequences.



Parenting Tip

Physical and verbal abuse damage child's brain seriously.

3. Is praising and complimenting an idealistic way of discipline?

If I praise my child, they will just be too happy and get silly. What is wrong with shouting to teach them!?



Anyone who is praised feels happy and is encouraged by it, so train yourself to be an ideal parent even by small step.



★Try some of the things that you can from the following steps.

❖ Communicating with your child

- Children do not understand abstract phrases or expressions.
- Try to tell them what exactly they should do.

Bad example:

“Behave properly!”
 “Behave like a good child should!”
 “Don’t do that!”

Good example:

“Can you be quiet, please?”
 “Please do not hit.”
 “Getting into fights are wrong.”



❖ Effective ways of praising and complimenting

- Hugging, stroking or patting their head, and clapping to encourage them.
- Telling them that trying hard and putting effort leads to good results.
 E.g., You have time to read two books because you get ready for bed early tonight.

❖ How to calm yourself down

- Breathe in and out slowly.
- Have some warm drink.
- Count to 10 with your fingers.
- Go into a different room and be yourself.



Learn good parenting skills. Please fill in the blank below.



【 Situation 】 Your child is drawing in your favorite book.



(Sample Answer) This book is precious for me, so can you stop drawing in it, please? I think you find it nicer if you draw on a blank paper. Could you show me when you finish?



Parenting Tip

Parents are only human and can be frustrated.
 Try to calm down and relax nicely.

4. Does school / kindergarten / nursery report me to municipal or child consultation center?

How dare school report me to municipal or child consultation center? I trusted them!



Schools, kindergartens, and nurseries are legally and socially required to contact municipal and child consultation center if the child has any unnatural scars or bruises. They are the closest safe guards for children.



Contact for information and consultations

(reports of child abuse, child-raising consultations, concerns with child development, etc.)

Ota City Hall, Child-Raising Consultation Division
 Child-Raising Consultation Section
 “Kosodate Soudan-Ka, Kosodate Soudan-Kakari”
 Address: Ota-Shi Hama-Cho 2-35
 Tel: 0276-47-1911

Gunma Toubu Child Consultation Center
 “Gunma-Ken Toubu Jidou Soudanjo”
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