“A Line In The Sand”

Corporal Punishment & Child Abuse
OUTLINE

• Who I am & what I do
• ACEs, toxic stress & their relationship to Corporal Punishment
• Corporal Punishment as a public health problem
• Solutions to address the problem of Corporal Punishment
Division of Child Protective Services

- Evaluate children at Stroger for abuse and neglect
- Evaluate children for sexual abuse at the Chicago Children’s Advocacy Center
- Participate in Multi-disciplinary Teams to improve the process of evaluation & treatment
- Participate in the Cook County Child Death Review Team
Important Numbers-2011

• Number of calls 258,999
• Reports taken 101,508
• Indicated reports 27,982
• Children taken into custody 4,392 (4.3%)

*State of Illinois, DCFS, 2011
Indicated Reports by Type

- death
- emotional abuse
- risk of harm
- physical abuse
- sexual abuse
- blatant disregard
- environmental neglect
- lack of health care
- lack of supervision
ACEs

Mechanisms by Which Adverse Childhood Experiences Influence Health and Well-being Throughout the Lifespan
WHAT IS AN ACE SCORE?

Calculated by adding affirmative responses to questions about a childhood history of:

- Physical, emotional or sexual abuse
- Physical or emotional neglect
- Parents divorce
- Exposure to domestic violence
- Family member with substance abuse or mental illness history
- Incarcerated family member
WHAT THE ACE STUDY SHOWED...

A very powerful “dose-response” relationship between the ACE score and health problems and poor quality of life.
ACE SCORE = RISK

- COPD
- Depression
- Substance addiction
- Suicide attempt
- Heart disease
- Fetal death
- Domestic violence
- Early smoking
- Early sexual activity
- Unintended pregnancy
- Liver disease
- Teen pregnancy
ACES ↔ TOXIC STRESS

toxic stress is the strong, unrelieved activation of the body’s stress management system in the absence of protective adult support.
<table>
<thead>
<tr>
<th>Punishment</th>
<th>Discipline</th>
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<tbody>
<tr>
<td>Latin: <em>Punire</em></td>
<td>Latin: <em>Disciplina</em></td>
</tr>
<tr>
<td>Chastise, take vengeance for, inflict pain</td>
<td>Instruction given, learning, knowledge</td>
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From the Online Etymology Dictionary
The Continuum of Discipline & Abuse

Positive Discipline

Punishment
Time-outs
Removal of privileges

Corporal punishment
Spanking
Paddling

Physical Abuse
Risk Factors for Child Abuse

**Child**
- Age <4yo
- "Special Needs"
- Temperament

**Parent**
- Lack of child development knowledge
- Social isolation
- Parental characteristics (age, education, # of kids, SES)
- Substance abuse/Mental health issues
- DV

**Community**
- Violent neighborhood
- High density of alcohol outlets
- Poverty
- Residential instability
Allegation #11: “cuts, welts and bruises”

Factors considered:

- the child’s age (younger children are viewed as being at a greater risk of harm)

- the child’s medical condition; behavioral, mental, or emotional problems; developmental disability; or physical handicap, particularly if these interfere with the child’s ability to protect himself/herself;

- pattern or chronicity of similar incidents;

- severity of the occurrence

- location of the injury

- evidence that an instrument was used to inflict the injury

- the dynamics of the relationship between the victim and the alleged perpetrator

- alleged perpetrator’s access to the child

- Previous history of abuse

Illinois DCFS
In general...

- If a mark is left behind, then it is considered “excessive corporal punishment” and is child abuse
18 month old female

- Lives with 20yo mom, 22yo dad & 30 month old brother
- Mom pregnant with her 3rd child
- Extensive history of domestic violence
- Brought into the ER by mom with burns on her hands
Her 30 month old brother
13 YEAR OLD GIRL

• Took her mother’s iPad out of her purse to play “Flappy Birds”
• Mother “whooped” her with a belt, got tired and went upstairs
• Her Step-father was instructed to continue the whoopings
• Patient disclosed abuse at school
Reserved for those without a license...

OF CORPORAL PUNISHMENT

Rule 402.21(c) No child shall be subjected to corporal punishment, verbal abuse, threats or derogatory remarks about him or his family.

The use of corporal punishment upon any child, who is served by, or under the care of a licensed family foster home, constitutes a violation of State Licensing Standards. Corporal punishment may herein be defined as any type of physical punishment, discipline, or retaliation inflicted upon any part of the body of a child. This would include such actions as slapping, hitting, punching,spanking,shoving,pinching or any other type of action geared toward inflicting pain or body discomfort upon a child. Violation of this licensing requirement may result in the revocation of a license to provide care for children.

I/We, agree to inform all substitute caregivers of this licensing standard.

In many instances, the use of corporal punishment may result in a child abuse investigation by the DCFS division of Child Protection and an indicated finding of abuse, with a subsequent record of child abuse in the State’s Central Registry. It is conceivable that the child or the child’s biological parents might press charges or bring about a legal suit. All indicated findings of child abuse or neglect, in a licensed foster home, are also forwarded to the Guardian Ad Litem of the child(ren) in care.

I/We, have read and understand the above and agree to refrain from the use of corporal punishment.
“I was spanked as a kid and I turned out ok.”
Corporal punishment in schools
Child Abuse Fatalities for 2007
Rates per 100,000
The United States is significantly less violent and more peaceful than it used to be, according to the United States Peace Index 2012 from the Institute for Economics and Peace. The State Peace Index is based on five factors: the homicide rate, violent crime rate, incarceration rate, police presence, and availability of small arms.
Firearm Homicide Rates

2004-2010, United States
Death Rates per 100,000 Population
Firearm, Homicide, All Races, All Ethnicities, Both Sexes, All Ages
Annualized Crude Rate for United States: 3.99

Reports for All Ages include those of unknown age.
* Rates based on 20 or fewer deaths may be unstable. States with these rates are cross-hatched in the map (see legend above). Such rates have an asterisk.

Produced by: the Statistics, Programming & Economics Branch, National Center for Injury Prevention & Control, CDC
Data Sources: NCES National Vital Statistics System for numbers of deaths; US Census Bureau for population estimates.
“To Train Up A Child”
Everybody’s an expert…
"When I was about 20 years old, I met an old pastor's wife who told me that when she was young and had her first child, she didn't believe in striking children, although spanking kids with a switch pulled from a tree was standard punishment at the time. But one day when her son was four or five, he did something that she felt warranted a spanking—the first of his life. And she told him that he would have to go outside and find a switch for her to hit him with. The boy was gone a long time. And when he came back in, he was crying. He said to her, "Mama, I couldn't find a switch, but here's a rock that you can throw at me."

--Astrid Lindgren
It’s not our job to toughen our children up to face a cruel and heartless world. It’s our job to raise children who will make the world a little less cruel and heartless.

~L.R. Knost
L.R. Knost

Gentle Parenting Workshop 1: Getting Started on Your Gentle Journey

L.R. Knost
What is the goal?

If controlling another human being is the goal of parenting, then force is necessary. Fear, intimidation, threats, power-plays, and physical pain are the means of control.

But if growing healthy humans is the goal, then building trust relationships, encouraging, guiding, leading, teaching, and communicating are the tools for success.

~L.R. Knost
Food Spoils. Babies Don't!
Hold her as much as she needs

www.birthbootcamp.com
“Changing cultural & social norms that support violence.”

“Cultural and social norms are highly influential in shaping individual behaviour, including the use of violence. Norms can protect against violence, but they can also support and encourage the use of it. For instance, cultural acceptance of violence, either as a normal method of resolving conflict or as a usual part of rearing a child, is a risk factor for all types of interpersonal violence.”

Norms change laws & Laws change norms…

- Smoking
- Seatbelts
- Infant car seats
- Drunk driving
- Marriage equality
A look at other public health successes...
We need to change the norms around parenting...

How do we get there?
HOW’S THIS FOR A P.S.A.?
Parents’ Alternatives To Corporal Punishment

6% Church
12% Ushering for local production of Annie
30% Chloroform
14% Dog-for-dog with Takeru Kobayashi
11% Virtual spanking
27% Capital punishment
Every parent needs a toolbox

Empathy

Restorative justice

“Time out”

“Time in”

Social Connections

Active listening

Consistency
PROMOTE POSITIVE PARENTING MESSAGES

“Serve and Return”
When a child hits a child, we call it aggression. When a child hits an adult, we call it hostility. When an adult hits an adult, we call it assault. When an adult hits a child, we call it discipline.

- Haim G. Ginon
Parent Cafes

Join us for a parent café!

Parent cafes are opportunities to share information and ideas that help us take care of ourselves, raise strong children, and build relationships with our kids.

- Make new friends
- Share ideas
- Learn about resources in the community
- Get new ideas
- Make your voice heard
- Share your hopes and dreams for your family
- Build a stronger community

Parent Café Table Conversation Flow

Correct (Example)  Incorrect
5 PROTECTIVE FACTORS

- Parental Resilience – Being strong and flexible
- Social Connections – Parents need friends too
- Knowledge of Parenting and Child Development – Being a great parent is part natural and part learned
- Concrete support in times of need - Everybody needs help sometimes
- Social and Emotional Competence of Children – Parents need to help their children communicate
Mariana won’t talk to Johnny because he was not being sympathetic enough. He came home very upset today...

Iris was sad all weekend, apparently Mariana was mad at her and she doesn’t know why...

Two weeks later...

Mariana won’t talk to Johnny because he was not being sympathetic enough. He came home very upset today...
PARENTING IS ABOUT TEACHING...AND LEARNING
VISITING NURSE PROGRAMS

- The ACA provides $1.5 billion to states over 5 years
- Target population: “at risk” pregnant women & children up to age 5
- 75% of funds must be used on programs that have proven their effectiveness through a rigorous review by DHHS
HOM-VEE REVIEW*

- 12 programs met the criteria for evidence based effectiveness

- Goals:
  - Improvement in birth outcomes, health behaviors & child development
  - Reduce child maltreatment
  - Coordination with community resources

*Home Visiting Evidence of Effectiveness, initiated by DHHS*
NURSE-FAMILY PARTNERSHIP

• First time, low income pregnant women
• Visits begin before 28th week of pregnancy and conclude at age 2
• Monthly visits by public health RN
• Founded by David Olds in the 70’s
• Participants had reduced rates of child abuse reports, improved developmental outcomes and delayed subsequent pregnancies
A broken child grows into a broken adult.

Help, don’t hurt.
Teach, don’t tell.
Show, don’t shame.
Parent, don’t punish.

Our world needs more heart-whole adults, not more refugees from childhood.

-L.R. Knost