

# ☺☺ The Family Zone News ☺☺

## The Language of Love



By [Linda Adams](#), President of GTI

Recently, Assemblywoman Sally Lieber announced that she would introduce a bill to ban physical punishment of children under the age of four in California. Ever since her announcement, there has been a statewide and even nationwide reaction, most of it by parents who are adamantly opposed to the idea that they would not be free to spank their children "when they need it". As Randy Thomasson, President of Campaign for Children and Families put it: "Any elected official who supports a ban on spanking is attacking dads and moms and usurping their God-given responsibility to raise their own children."

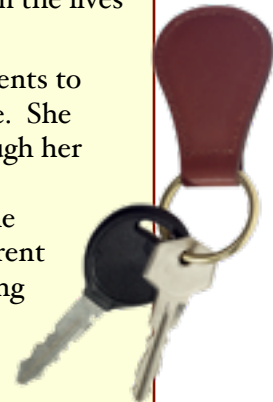
A great deal of research has been done over the last 35 years which shows the harmful and lasting effects of physical punishment not only on children, but on the parents who do it and on the relationship between them. Further, the evidence that it doesn't work is overwhelming. (See these books: [Behind Closed Doors](#), [Beating the Devil Out of Them](#), [For Your Own Good](#)).

What do children really learn from being physically punished?

### Relationship Building

Sue is an expert in her field. She has years of experience as a teacher, leader, speaker and supporter of strong, cohesive parent-child relationships. Her unique ability to truly listen to and connect with people is her special gift that fosters understanding, education and growth. Her unfailing belief in parents is evident in her passion to help them make a positive difference in the lives of their children.

Sue inspires parents to succeed in their role. She offers support through her books, speaking engagements and the highly impactful Parent Effectiveness Training (P.E.T.) parenting course that she facilitates.



Do you have a question? or  
Would like more info?

Call Sue at 780-490-1048 or  
visit the website.



They learn that those who love you also hit you--"my dad loves me, but he turns against me when he becomes angry with me. At any time I displease him, 'misbehave' or do something 'wrong', he might hit me." Love and violence become linked.

There's no question that physical punishment should be avoided. Period.

Many parents know this and do not hit their children and never have.

But there is also emotional punishment. Angry outbursts, sarcasm, the "silent treatment", rejecting, name-calling, blaming, accusing, put-downs, discounting, judging, criticizing, ordering--all these cause emotional harm. (Note how many of these are among Dr. Gordon's Twelve Roadblocks.)

This way of talking to children is commonplace. In fact, it is so ingrained and feels so natural that most parents are probably not aware of how often they do it or just how hurtful and harmful it is. This kind of communication can be just as damaging, if not more so, than physical punishment.

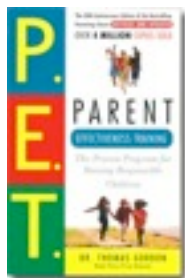
It is the language of control and it communicates unacceptance of the child or other person. The effects of verbal violence can be serious and long-lasting. It can make kids feel fearful, anxious, defensive, closed. It contributes to low self-esteem, depression, troubled relationships and a lack of empathy for others. It is the opposite of the language of love.

### The Language of Love

When a parent is able to feel and communicate genuine acceptance of their child as he or she is, the effects can be profound. Children learn to accept and like themselves, to develop a sense of self-worth, to learn to solve their own problems, to deal constructively with challenges, to become independent and self-directed, to actualize their potential. Even more important, acceptance of a child--or of anyone as they are--is an act of love. To feel accepted is to feel loved.

Words are powerful. What we say and how we say it really matters. Our communication can either have a destructive effect or a healthy effect on our children and the other people in our lives. And those effects can last a lifetime.

## Parent Effectiveness Training (TM) - P.E.T.



If you have a child going through the 'terrific twos' or through the 'tremendous teens', this is a program for you.

If you are on the right track but want to make sure things stay that way, this is a program for you.

If you think it's too late for you and there's no hope for you and your child, this is a program for you. It's *never* too late to make positive change.

Courses are starting up and run from now through spring. Fall sessions are now booking.

Payment plans are available and a sliding scale is considered.

If you would like more information on this transformational relationship course, please contact Sue at 780-490-1048 or visit the website for more information.

## Parenting Perks!

Come out to our monthly Parenting Perks! coffee meeting where you can connect with other parents on parenting! A very fun night with a great group of people. Check the website for dates and locations and please RSVP so as to plan a spot for numbers attending. Thank you.

## Literacy and Learning Day

An awesome *free* event for parents! Take in sessions on a wide range of topics! Congratulations to Barb J. who won the door prize! Be sure to check it out and attend next year. An amazing event for parents and it's FREE!

## Great websites ...

[www.criticalthinking.com](http://www.criticalthinking.com) - a terrific website to encourage critical thinking in your kids; free activities, great ideas and much more

