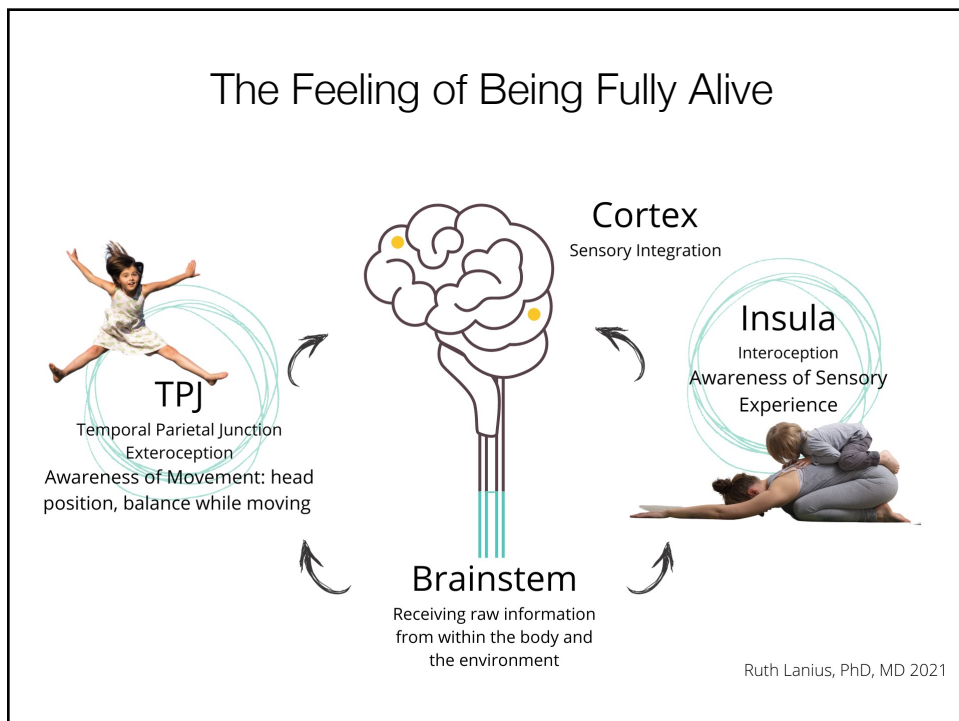




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2

Motor vestibular awareness and a sense of gravitational security comes from activities of curiosity and gravitational movement within the safety of a relationship to another person.

Ruth Lanius, PhD, MD 2021

3

Regulate, Relate, Reason (in that order!)

Regulate (Lower brain)

- ☐ Welcomed touch
- ☐ Prosodic tone of voice
- ☐ Welcomed eye contact
- ☐ Facial Expressions
- ☐ Pausing
- ☐ Breathing with...
- ☐ Movement

Relate (Limbic)

- ☐ Feeling with...
- ☐ Connection

Reason (Cortical)

- ☐ Solving
- ☐ Reasoning/talking
- ☐ Sharing boundaries
- ☐ Telling the story
- ☐ Explaining

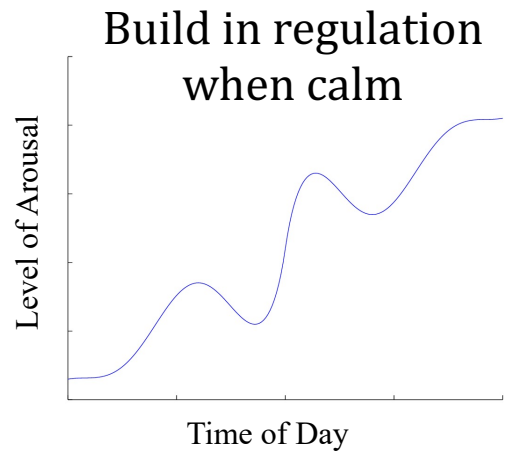
B Perry, 2010

4

Co-regulation

Using Bottom Up Neurodevelopmental Lens

- ❖ **Regulate** – lower brain
- ❖ **Relate** - midbrain
- ❖ **Reason** – higher brain



B Perry, 2010

5

Cascading Effect of Physical Abuse of Children

- ❑ Violence against children is twice the rate of spousal abuse [Adverse Childhood Experiences Study]
- ❑ 84% who report physical abuse, reported 2+ ACEs [Adverse Childhood Experiences Study]
- ❑ 7X greater likelihood of an ADHD diagnosis in adulthood [Fuller-Thomson, 2012]
- ❑ Multi-generational Transmission of Poor Self-Regulation [Casanova & Domanic, 1994]

6



Gershoff, 2008


We Are More Likely to Spank if...

1. We were physically punished as children
2. We experience a lower socioeconomic status
3. We are under 30
4. Our community condones spanking
5. Our child is age 2 - 5

7

Risks of Spanking

- ☐ Increased Aggression
- ☐ Increased Defiance
- ☐ Lack of Empathy
- ☐ Increases Peer Isolation
- ☐ Poorer quality parent-child relationships
- ☐ Dishonesty & Ability to Conceal
- ☐ Delayed Moral Development
- ☐ Reduces Social engagement



Tomoda 2009, Bugental 2002, Taylor 2010, Straus 2009, Talwar 2011; Child Abuse & Neglect, 2017; Gromoske 2012; Boutwell, 2012; Slade & Wissow, 2004; Taylor, 2010; Pagani, 2004; Gershoff, 2002; Talwar, 2011; Eamon, 2004; Lopez, 2001; Gershoff 2002, Davis 2001

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Spanking Harms the Brain

- 19% reduction in prefrontal gray matter with harsh punishment
- Elevated cortisol in infants who were spanked
- Poor Executive Functioning
- Lower IQ
- Developmental Delays
- Lower receptive vocabulary



Tomoda 2009, Bugental 2002, Taylor 2010, Straus 2009, Talwar 2011

9

Harsh Parenting Harms the Brain

- Repeatedly getting angry, hitting, shaking or yelling at children (age 2-9) is linked with smaller brain structures in adolescence (age 12-16)
- Developmental injury is cascading over time



S. Suffren, University of Montreal, 2021

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Affection Does Not Mediate Risks

- A mother's affection does not mediate the negative risks associated with spanking
- Expressing warmth after spanking a child is correlated to increased anxiety



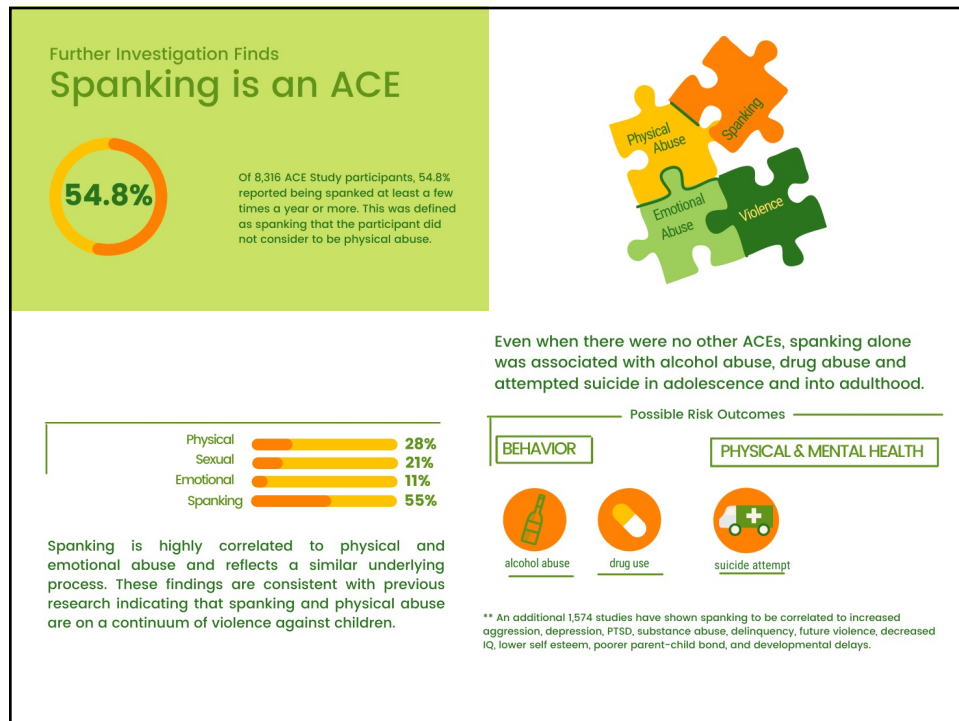
11

Spanking Leads to More Spanking

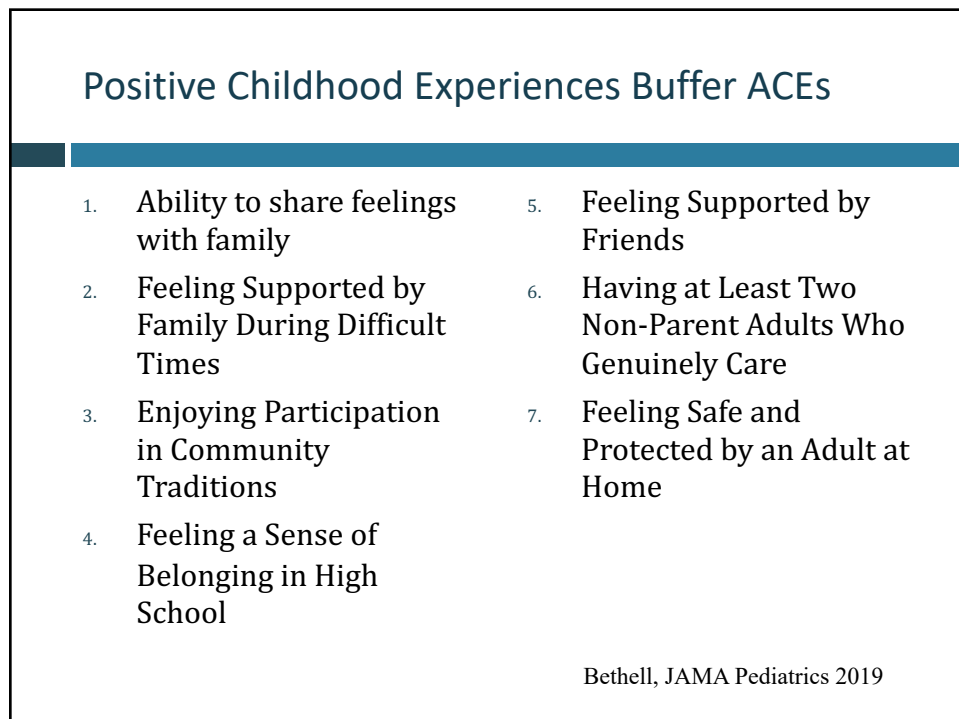
- Harsh punishment of small children has transactional and cascading effect on brain development
- Boys at greater risk for anti-social behavior when spanked



12



13



14

<http://STOPSPANKING.ORG>

Stop Spanking Presents

What Kids (& Parents) Need When Life is Stressful

like during a pandemic!
... or a move!
... or an illness!
... or a divorce!



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Contact Information

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