



This facility is a No Hit Zone

TIPS FOR PARENTS

- **STOP!** Hitting your child will not help
- **BREATHE** Step back and count to 20
- **REMEMBER** Hitting teaches violence, and yelling doesn't help
- **TRY** Many other proven discipline strategies that DO work
- **KNOW THE LAW** It is against the law in New York State to use an object or leave a mark to discipline a child

For more information, speak with a doctor, nurse or social worker, or call the **PARENT HELPLINE** at **1-800-CHILDREN (244-5373)**.

To learn more about the "No Hit Zone" program, contact the J.E. and Z.B. Butler Center for Children and Families at **718-920-5833**, or visit www.cham.org/butlercenter.