# family snapshots: NAVIGATING CHILD DISCIPLINE AND FAMILY RELATIONSHIPS

### Parenting through the COVID-19 pandemic is challenging.

Stay-at-home orders and household disruptions caused by the pandemic may have added stress on family relationships. This may have affected parenting practices, including child discipline. Additionally, some families experienced intimate partner violence (IPV).

We asked caregivers<sup>1</sup> how the pandemic impacted their families' relationships.

#### This is What We Heard:



#### **Caregivers' Use of Discipline**

5 in 6 caregivers reported not spanking their children in the past week.

Many caregivers reported using a variety of **positive parenting strategies** to discipline their children during the pandemic.

> •• Spending more time at home with my kids has brought us closer. Even though my wife and I might argue in front of them, we try our very best to not let them see it. We **spend** more time without kids and do things we didn't do before COVID such as indoor learning activities and gardening just to name a few."

Harsh forms of child discipline include spanking, threatening, and yelling.

Intimate partner violence (IPV) is **abuse** or aggressive behavior such as mental and emotional harm, physical and sexual violence, or stalking occurring in a romantic relationship.



#### The Challenges of Parenting **During the Pandemic**

**1 in 6** caregivers reported spanking their child(ren) in the past week and **1 in 2** parents reported yelling or threatening their child.

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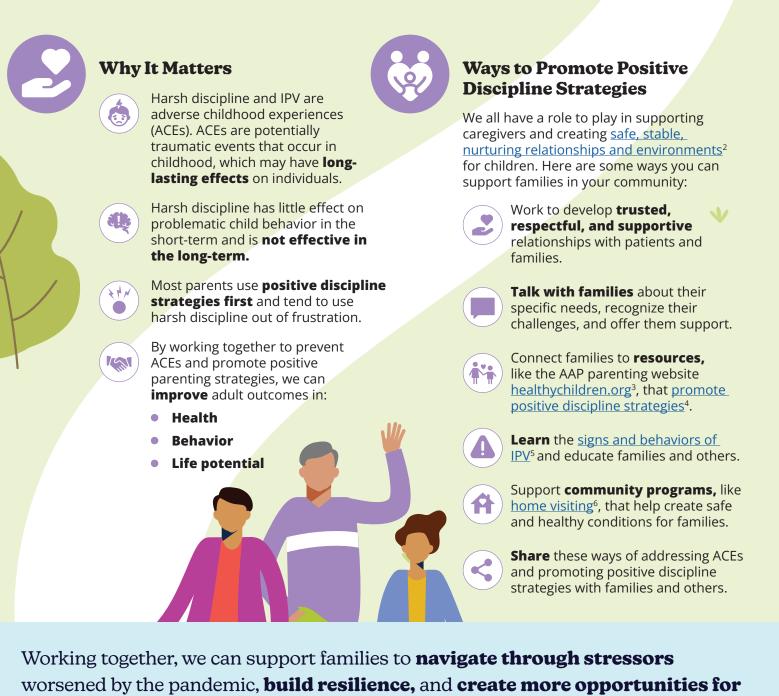
**1 in 5** caregivers (men and women) reported experiencing IPV.

**3 in 5** caregivers who reported spanking their children, also reported IPV in the household.

Compared to households without children and youth with special health care needs (CYSHCN), more caregivers with CYSHCN reported:

- Feeling overwhelmed and stressed
- Using harsher discipline and
- Experiencing IPV

More positive forms of child discipline include explaining, distracting, sending them to their room, or timeout.



## families to thrive.

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<sup>1</sup> Data reported in this infographic were collected as part of the Family Snapshot Surveys:

- aap.org/en/patient-care/family-snapshot-during-the-covid-19-pandemic/ <sup>2</sup> cdc.gov/ViolencePrevention/pdf/CM Strategic Direction--OnePager-a.pdf
- <sup>3</sup> healthychildren.org/English/Pages/default.aspx
- <sup>4</sup> healthychildren.org/English/family-life/family-dynamics/communication-discipline/pages/disciplining-your-child.aspx
- <sup>5</sup> cdc.gov/violenceprevention/intimatepartnerviolence/riskprotectivefactors.html
- <sup>6</sup> healthyfamiliesamerica.org/

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