“Mommy? Can I ask you something?” your daughter asks, looking up at you with her large, blue, innocent eyes.

“Of course! What is it, Dear?”

“Mommy, how come I get spanked but all my friends get time outs for doing something wrong? It’s not fair!”

You are in shock and disbelief. You cannot believe your daughter has asked such a question. All you can muster up is “It’s for your own good, Dear.” You look at your daughter and notice she is frowning as she walks away.

Your children look up to you, and when you spank, you are demonstrating that it is acceptable to hit someone if they have done something wrong. You are lost in thought when all of a sudden you hear a loud, shrill scream coming from the other room. You run into the room only to find your three-year-old son crying in pain. Your daughter is standing next to him frowning.

“What happened? Why is your little brother crying, young lady? Did you have something to do with this?”

“I had to, Mommy,” she replies. “He was spitting up, and when I told him to stop, he pulled my hair. I had to hit him. He was being bad.”

You can’t decide whether your daughter is making all this up or she is teaching you a lesson. You decide to rethink your approach. Look at where it has gotten you.