

The law on all forms of physical punishment of children in Scotland has changed.

On 7 November 2020, all forms of physical punishment of children became against the law in Scotland.

If you want to know more about this change in the law, please visit our [website](#).

This contains information about why this law has been introduced and what it does.

Our website also includes details about what we've done to prepare for this change in the law and where support is available for those that want it.

This change in the law is about making things better for children in Scotland.

Physical punishment is not in the best interests of children, and it can be harmful. It includes but is not limited to smacking, slapping, skelping and pinching.

We want Scotland to be the best place in the world for children to grow up, and this legal change supports that aim.



We know it can sometimes be difficult to cope with being a parent or carer.

That's why we've put together some advice and tips for keeping calm when things get challenging.

You can find these, and other helpful hints, on our [ParentClub](#) website.

And remember, if you're a parent, you're not on your own.

We all find things challenging sometimes, but you do not need to go it alone - support is available.

If you think speaking to someone might help, you can talk to [Children 1st Parentline](#). This is a free service.