

Addressing Common Behavior Problems: Beyond Time Out!

Key Takeaways

- Behavior problems are common and are a normal part of parenting
- Managing behavioral problems can be stressful
- Several strategies exist to promote desirable behavior and manage misbehavior

Reasons Why Misbehavior Occurs

Common reasons misbehavior occurs include:

- Accidental rewards
- Escalation
- Ignoring desirable behavior
- Modeling
- Vague instructions
- Emotional messages
- Ineffective discipline
- Unreasonable expectation or beliefs
- Stress

Tips for Addressing Common Behavioral Problems

- Strategies to manage misbehavior and promote self-control:
 - » Establish clear ground rules
 - » Practice planned ignoring
 - » Give calm, clear instructions
 - » Logical consequences
 - » Time out
- Strategies to promote healthy development:
 - » Develop positive relationships by spending quality time, talking with children, and showing affection
 - » Encourage desirable behavior by giving descriptive praise, giving positive attention, and providing engaging activities
 - » Teach new skills and behaviors by setting a good example and using rewards



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