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

Visit good4growth.com to find more helpful tips on giving your kids the best start to their life.

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