

All children misbehave. It is normal when children are tired, hungry, afraid, or learning independence. And they can drive us crazy when stuck at home.

Redirect Take a Pause Catch bad behavior early and redirect your Feel like screaming? (\cdot) $\langle \langle \rangle$ kids' attention from a bad to a good behavior. Give yourself a 10-second pause. Breathe in and out slowly five times. Then Stop it before it starts! When they start to try to respond in a calmer way. get restless, you can distract with something interesting or fun: "Come, let's go outside Millions of parents say this helps - A LOT. for a walk!" One-on-One time, praise for being good, and Keep Use consequences (\mathbf{b}) consistent routines will usina reduce bad behaviour. Consequences help teach our children Tips Oive your children and teens simple jobs with responsibility for what they do. They also allow discipline that is controlled. This is responsibilities. Just make sure it is something they are able to do. And praise them when they do it! more effective than hitting or shouting. Give your child a choice to follow your instruction before giving them the consequence. Try to stay calm when giving the consequence. Make sure you can follow through with the consequence. For example, taking away a teenager's phone for a week is hard to enforce. Taking it away for one hour is more realistic. Once the consequence is over, give your child 5 a chance to do something good, and praise Click here for more parenting tips them for it. EVIDENCE-BASE IS HERE unicef 🕑 TERNET End Violence Against Children USAID for every child

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