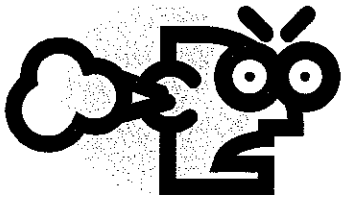


## Why Won't My Child Behave?

### Questions to ask yourself:

- *Am I expecting too much for my child's age?*
- *Do I tend to scream?*
- *Am I too strict?*
- *Have there been major changes in our home or lives?*
- *Am I under a lot of stress?*



### What you can do:

- Praise behavior you want to encourage.
- Make sure your child understands your rules.
- Look for the *reason* for the behavior.
- Listen to your child.
- Try to understand your child's feelings.
- Find out about stages children go through.
- Give your child individual attention every day.
- Take care of your own needs, too.

### The TLC's of Parenting:

#### Teach

All children need guidance.

#### Listen

Encourage your child to express feelings.

#### Care

Your child needs your love and support

1-3 year olds get in trouble because they:

- Want to do it all by themselves.
- Hate being away from Mom and Dad.
- Get mad quickly.
- Need to keep busy all the time.
- Want to be good, but don't know how.

### What you can do:

- Say, "Let's do this instead," and show your child how.
- Try not to say "no" all the time, say "no" only when they could hurt themselves or someone else.
- Help them tell you why they are upset.
- Let your children know you mean what you say. Kids need to be told over and over.
- Spend as much time as you can with your child.

## Why Do Kids Get in Trouble?

### Because 3 year olds:

- Want to know "why," and enjoy talking.
- Like to make believe.
- Learn by doing, try to please.

### Because 4 year olds:

- Want to do it all by themselves.
- Like to be the boss.
- Fight back when angry or upset.
- Know what they want to do and find it hard to stop or be taken away.

### Because 5 year olds:

- Do things for themselves.
- Know how to tell you what they want to do.
- Still find it hard to remember what to do every time.



## **What You Can Do When 3-5 Year Olds Get in Trouble**

- Spend lots of time with your child.
- Plan what you're going to do together.
- Keep it simple. Remember how hard it is to follow too many rules.
- Listen to what your child is saying. He might be afraid or feel like he's being pushed.
- Talk about being sad, angry, scared.
- Tell him when he pleases you—that'll make him feel great!
- Be nice to your child. If the child thinks he or she is bad, the child may act bad just to prove it.

Teach your child what's right. Try not to show that hitting is okay. Everybody has bad days, even your child. It's a part of growing up.

### **Coping With Anger—Yours and Your Child's**

**Teach acceptable ways to express strong feelings:**


When someone's feelings are truly hurt, ask the child to rephrase the anger in a more acceptable manner.

**State angry feelings without accusing anyone:**

Parental anger can be useful when it is expressed in nonjudgmental language, such as, "This irritates me," or, for stronger feelings, "This has made me very angry."

**Never expose children to hurtful anger:**

Avoid empty expressions, like "I'll wring your neck," that can be harmful and scary to children. Give yourself a moment to calm down when you become intensely angry. Then, aim disapproval at the child's behavior, not character. Instead of saying, "You're a rotten kid," say, "I don't like what you're doing right now."



**Why  
Won't  
My  
Child  
Behave?**



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