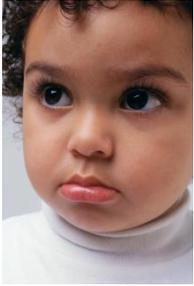


1 - 2 - 3

1. When your children misbehave, look for the reason why:



- They are testing whether you will enforce the rules.
- They are experiencing a different set of expectations between school and home.
- They don't understand the rules, or are being held to expectations beyond their abilities.
- They are asserting themselves and their independence.
- They are feeling ill, bored, hungry or sleepy.
- They are lacking accurate information and prior experience.
- They have been previously "rewarded" for this misbehavior with adult attention.
- They are copying your actions, or those of other adults in their world.

2. Before you take action, ask yourself the following questions:

➤ Is my child really doing something wrong?

*Is there a real problem, or am I just tired and out of patience?
If there is no real problem, release your stress away from the child.
If there is a problem, go to the next question.*

➤ Is my child actually capable of doing what I expect?

*If you are not being realistic, re-evaluate your expectations.
If your expectations are fair, go to the next question.*

➤ Did my child know at the time that she/he was doing something wrong?

If your child did not realize she was doing something wrong, help her understand what you expect, why, and how she can do that. Offer to help. If the behavior was an accident, like wetting her pants while sleeping, it was not a misbehavior.

If your child knew what she was doing was wrong, and she intentionally disregarded a reasonable expectation, your child misbehaved.



3. Positive Guidance Techniques for Misbehaviors

✓ Natural Consequences | All Ages

This strategy has your child experience the natural consequences of his actions. Your role is to describe what happened. Ex: "Jamie, you spilled your milk because you weren't sitting still at the table. Now you have no more milk and your clothes are all wet."

✓ Logical Consequences | All Ages

In this strategy, there are known consequences to specific misbehaviors that are directly related to that misbehavior. Ex: "Jamie, please wipe up the spilled milk, and then go change your clothes."

✓ Redirection | All Ages

*In this strategy, you redirect the behavior to a more appropriate venue. Ex: "Jamie, we do not **tear up** books. Books are for reading. Here is some scratch paper. You may **tear this up**."*

✓ Making Amends | 3-year olds +

In this strategy, you child fixes a situation he/ she has created. Ex: "Jamie, you hurt your sister. What are you going to do to make her feel better?"

✓ Self-Reflection | 4-year olds +

In this strategy, your child is given the opportunity to think about their actions and the consequences, and has an opportunity to talk about it.