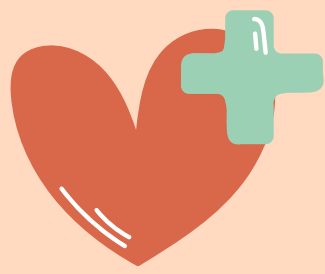


Changing Your Child's Behavior

POSITIVE ATTENTION



Bad behaviors are often to get attention! Kids will do whatever they can to get adults in their life to notice them. Try giving them attention for the good things, rather than the bad. The more attention they get for something, the more they will do it

How?

- Praise- Catch them being good, and praise them for small things
- Ignore- Let the smaller behaviors go



ROUTINES

Children thrive on doing the same thing every day. Kids aren't in control of their own lives- parents are! Routines help them know what is coming next and lowers anxiety, which helps them behave better

How?

- Organize- Make a routine for one part of your day (ie bedtime) and follow that plan every day
- Plan- Think ahead, and let your child know when the schedule is changing

EXPECTATIONS



Children are always learning how to act in different environments. It is up to adults to teach children what is appropriate. It may seem obvious to you, but it isn't to them!

How?

- Model- Show your child how to act. Kids love to copy, and they will act how they see adults acting
- Practice- Let them know how they should behave, and practice these good behaviors with your child



VALIDATION

Just like adults, children have complex emotions. Often kids don't know how to express themselves. Adults can help by acknowledging how they are feeling. This alone can often help children feel understood, and lead to better behavior

How?

- Label- Help teach children to recognize their feelings by naming their emotions
- Normalize- Let them know it is ok to have many feelings

REWARDS



Rewards are a great way to motivate kids to behave well. Prizes don't have to be fancy- simple things like stickers, story time, or a high five are plenty. And remember, simply your attention is the best reward of all

How?

- Focus- Identify one area of difficulty for your child where rewards could be used
- Follow through- If you promise a prize, it is very important to hold up your end of the bargain



PATTERNS

If you are frustrated with your child's behavior, try to identify patterns. What happens right before they get upset? In what environments are they more reactive? Recognizing what leads to behavior problems can help you to get to the root of the issue

How?

- Ask- If you aren't sure what caused your child's frustration, ask them or others
- Take notes- Keep a record of what upsets your child & what helps them calm down

For more information visit www.mededmaterials.org

Sources: <https://www.healthychildren.org>; <https://childmind.org/guide/parents-guide-to-problem-behavior>

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