DEALING WITH MISBEHAVING CHILDREN

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As a parent, one among your jobs is to show your child to behave. It's a job that takes time and patience. But, it helps to find out the effective and healthy discipline strategies. Healthy disciplines that work recommends positive discipline strategies that effectively teach children to manage their behavior and keep them from harm while promoting healthy development. These include:

1. Show and tell. Model behaviors you would like to see in your children.

2. Set limits. Be sure to elucidate these rules in age-appropriate terms they will understand.

3. Give consequences. Calmly and firmly explain the consequences if they don't behave. For example, tell her that if she doesn't devour her toys, you'll put them away for the remainder of the day. Be prepared to follow through right away. Don't concede by giving them back after a couple of minutes. But remember, never deduct something your child truly needs, like a meal.

4. Hear them out. Listening is important. Let your child finish the story before helping solve the matter. Watch for times when misbehavior features a pattern, like if your child is feeling jealous. Talk together with your child about this instead of just giving consequences.

5. Give them your attention. Remember, all children want their parent's attention.

6. Catch them being good. Children got to know once they do something bad--and once they do something good.
7. Know when not to respond. As long as your child isn't doing something dangerous and gets many attention permanently behavior, ignoring bad behavior are often an efficient way of stopping it. For example, if your child keeps dropping her cookies intentionally, she is going to soon have no more cookies left to eat. If she throws and breaks her toy, she is going to not be ready to play with it. It will not be long before she learns to not drop her cookies and to play carefully together with her toys.

8. Be prepared for trouble. Plan ahead for situations when your child may need trouble behaving.

Redirect bad behavior. Sometimes children misbehave because they're bored or do not know any better. Find something else for your child to do.

9. Call a time-out. A time-out are often especially useful when a selected rule is broken. This discipline tool works best by warning children they're going to get a outing if they do not stop, reminding them what they did wrong in as few words—and with as little emotion—as possible, and removing them from things for a pre-set length of your time (1 minute per annum aged may be a good rule of thumb).

Some researchers advises that parents and caregivers should not spank or hit children. A study of youngsters born in 20 large U.S. cities found that families who used physical punishment got caught during a negative cycle: the more children were spanked, the more they later misbehaved, which prompted more spankings in response. Spanking's effects can also be felt beyond the parent-child relationship. Children who are spanked could also be more likely to hit others once they aren't getting what they need.

Physical punishment may also affect brain development. One study found that young adults who were spanked repeatedly had less grey matter, the a part of the brain involved self-control, and performed lower on IQ tests as young adults than the control group.
If you are doing not handle a situation well the primary time, try to not worry about it. Think about what you could have done differently and try to do it the next time. If you are feeling you've got made a true mistake within the heat of the instant, wait to chill down, apologize to your child, and explain how you'll handle the situation in the future. Be sure to keep your promise. This gives your child an honest model of the way to get over mistakes.

References:

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