A PARENTING GUIDE TO

Managing Behavior

PROVIDE COMFORT

Offer the child a favorite stuffed animal, give the child a hug, or speak to them with soothing words.

Sophia, I'm sorry you had a bad dream. Let me tell you a story to help you fall back to sleep.

DISTRACT

Use a toy, story, or song to distract the child's attention from something unpleasant.

Sara, look at your favorite doll! She's dancing for you! Show me how you dance together.

GIVE CHOICES

Offer the child acceptable choices while still insisting on what needs to be done.

Jacob, you need to give the ball back to your brother. Do you want me to hand it to him or would you like to?

MAKE A GAME

Turn something that needs to be done into a game.

Denzel, you pick up the toys on one side of the room and I'll pick up the toys on the other side and we'll see who gets done first.

WHEN ... THEN

Promise something the child wants to do after the child does something they do not want to do.

Ella, when you put on your pajamas, then we'll read your favorite book.

TAKE A BREAK/ START OVER

Have the child take a break by sitting in a chair or time without a toy for 1 minute of each year of the child's life.

Carlos, you need to take a break from playing with the car. (3 minutes later) Okay, let's start over.

Consider implementing a behavior scale at home to help your child understand your expectations and recognize good behavior.