

All children misbehave. It is normal when children are tired, hungry, afraid, or learning independence. And they can drive us crazy when stuck at home.

## **Redirect** Take a Pause Catch bad behavior early and redirect your Feel like screaming? $( \cdot )$ ` < ` kids' attention from a bad to a good behavior. Give yourself a 10-second pause. Breathe in and out slowly five times. Then Stop it before it starts! When they start to try to respond in a calmer way. get restless, you can distract with something interesting or fun: "Come, let's go outside Millions of parents say this helps - A LOT. for a walk!" One-on-One time, praise for being good, and Keep Use consequences $(\mathbf{b})$ consistent routines will usina reduce bad behaviour. Consequences help teach our children Tips Of the second responsibility for what they do. They also allow discipline that is controlled. This is responsibilities. Just make sure it is something they are able to do. And praise them when they do it! more effective than hitting or shouting. Give your child a choice to follow your instruction before giving them the consequence. Try to stay calm when giving the consequence. Make sure you can follow through with the consequence. For example, taking away a teenager's phone for a week is hard to enforce. Taking it away for one hour is more realistic. Once the consequence is over, give your child 5 a chance to do something good, and praise For more information click below links: them for it. In worldwide Parenting tips Parenting tips EVIDENCE-BASE from WHO from UNICEF languages unicef 🕑 TERNET End Violence Agginst Children USAID for every child Parenting for Lifelong Health is supported by the UKRI GCRF Accelerating Achievement for Africa's Adolescents Hub, the European Research Council (ERC) under the European Union's Seventh Framework Programme and the Horizon 2020

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