

# 4 COVID-19 PARENTING When Children Misbehave...

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.

Catch difficult behavior early and redirect your kids' attention from a negative to a good behavior.

Stop it before it starts! When they start to get restless, you can distract with something interesting or fun: "Come, let's play a game together."



## Take a Pause.

Feel like screaming?  
Give yourself a 10-second pause.  
Breathe in and out slowly five times.  
Then try to respond in a calmer way.

Millions of parents say this helps - A LOT.

## Use consequences.

Consequences help teach our children responsibility for what they do. They also allow discipline that is controlled. This is 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.

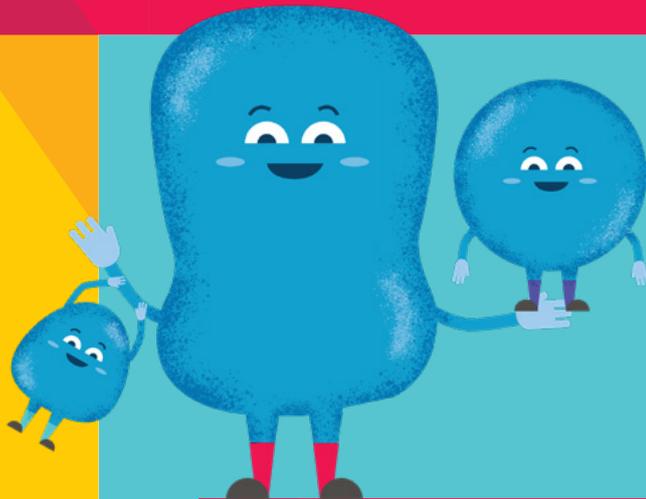
Make sure you can follow through with the consequence. For example, taking away a teenager's phone for a week is hard to enforce. Taking it away for one hour is more realistic.

Once the consequence is over, give your child a chance to do something good, and praise them for it.

## Keep using Tips 1-3

One-on-One time, praise for being good, and consistent routines will reduce difficult behaviour.

Give your children and teens simple jobs with responsibilities. Just make sure it is something they are able to do. And praise them when they do it!



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