

CORONAVIRUS DISEASE (COVID-19) MANAGING BEHAVIOR PROBLEMS

Often, when children misbehave, it's a reaction to the amount of stress they're under and a way to vent their frustration. Try to keep this in mind when acting as a disciplinarian during these difficult times—and do your best to remain calm. Start by managing your own stress levels through exercise, a healthy lifestyle, making time for fun, and adopting a regular relaxation practice. **The calmer and more relaxed you are, the better you'll be able to handle your child's reactions to stress.**

THESE POSITIVE DISCIPLINARY TIPS CAN ALSO HELP:

REDIRECT YOUR CHILD

If your child is misbehaving, redirect them to another activity, such as playing outside or reading a book.

TAKE A BREATH

There are plenty of ways to relieve stress in the moment when you feel like you are losing patience with your child. For example, take deep breaths and count to ten to allow yourself to calm down. Then you can respond to your child's behavior in a calmer and more positive manner.

REWARD GOOD BEHAVIORS

In normal circumstances, doing well on a school assignment, making their bed, taking out the trash, or getting along with their siblings might not get rewarded, but during this stressful time, nothing positive should go unrecognized.

NEVER YELL AT OR SPANK YOUR CHILD

Losing your temper in this way will only damage your relationship and impact your child's sense of safety and security.

SOMETIMES, IT MAY BE BEST TO DO NOTHING

Ignoring bad behavior can be an extremely effective tool when trying to get your child to stop doing something. When a young child is looking for attention, not giving it to them can make them realize that they should either stop or find a more respectful way of finding attention.

