

# 4 COVID-19 PARENTING Bad Behavior

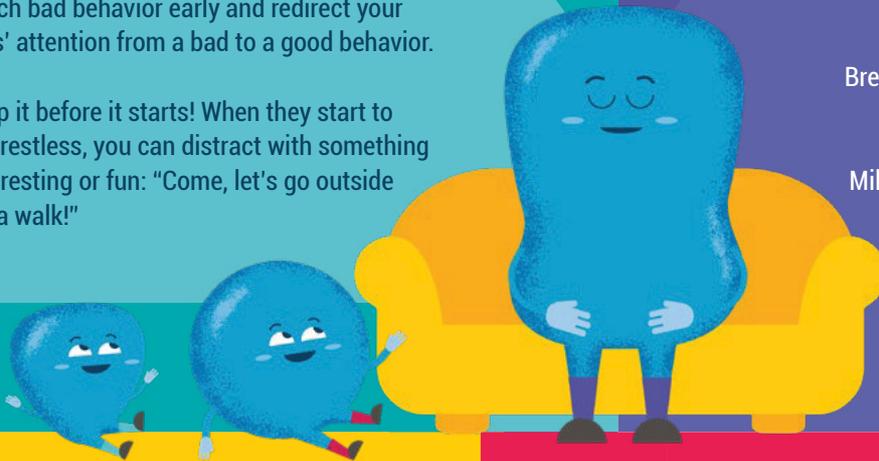
All children misbehave. It is normal when children are tired, hungry, afraid, or learning independence. And they can drive us crazy when stuck at home.

## Redirect

- > Catch bad behavior early and redirect your kids' attention from a bad 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 go outside for a walk!"

## 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.



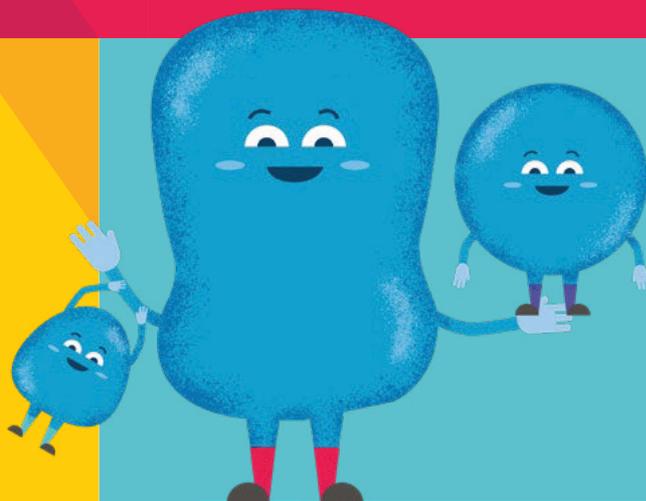
## Use consequences

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 bad 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!



[Click here for more parenting tips](#)

[EVIDENCE-BASE IS HERE](#)