

our questions to ask before you discipline

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expert

with parents and solving behavior with children, I identify the probable causes of the and then possible eliminating it. I send the adults a few simple step-techniques they can immediately to quick change at the classroom. I key questions to help you identify behavior issue common sense solve them.

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o feelings

the child may

get hurt in some

before you react

and ask your-

self the worst that

can if I don't

Why can't my

she's doing at

Let go of the

control everything

y. Avoid arrange-

ments of every-

thing.

2: How

could know not

is way?

the world from a

perspective than

adults unfairly

expect children to

be theirs. Carefully

models that your

around them to

be sure to set

examples that teach

them to learn.

Encouraging a child to read frequently, for example, works best when they see the adult reading, too. Create agreements ahead of time and set up rules before activities begin, not in the middle of them. Yes, this will require you as a caregiver to think ahead and predict behavior situations that could be challenging.

QUESTION # 3: What unmet needs might the child be demonstrating?

In many instances, both children and adults demonstrate

for the child?

Both children and adults find ways to act out to create more purpose in their life. The little boy picking the fights with his brother discovered that it brought his busy grandmother into the room in hopes of her taking his side. The little girl who had once again become a baby was most likely responding to the jealousy she may have felt of having to share her parents with her new sibling. And my own son found a new way to annoy others by experimenting with sounds he could make with his voice.

Before you get angry and behave badly as a caregiver, step back for one moment,

take a deep breath, and ask yourself these four questions. Perhaps the

answers they offer may allow you to see the behavior differently and provide you with an opportunity to choose an alternate response that will get you more effective results.

Behavior is usually a result of what has been learned through imitation or getting unmet needs or purpose satisfied. Avoid the urge to react and think of ways you can be proactive instead to avoid or eliminate challenging behaviors.

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surprising behaviors as a way of getting unmet needs satisfied. The little boy constantly drawing may be exhibiting his need to draw and create. Creating appropriate opportunities for him to draw and color may be all that is necessary to eliminate the problem. Giving a bossy child the opportunity to lead family activities may satisfy his need to be in charge. And relaxing over a tween or teen's experiments with her appearance that doesn't endanger her will satisfy her need to explore her own identity in a healthy way. Have you ever behaved in curious ways to satisfy any unmet needs of your own?

QUESTION # 4: Is there a purpose to this behavior



AUTUMNAL SCENES

by Amy S. Dane



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