



## Correcting Misbehavior

Additional resources, skills, and strategies for parents are available at no cost through the online Thrive Initiative programming. Visit the Thrive website <https://thrive.psu.edu>, and sign up today!

Be *reassuring* and *respectful*! Remember, you love your child but dislike the behavior!

### 1. When Your Child is Highly Reactive...

Connect with curiosity to understand the behavior.



#### 1. Calm Down

Remaining calm and helping your child calm down moves him or her from reactive to receptive.



#### 2. Connect

Show your child verbal and non-verbal empathy to help him or her regain emotional balance. A loving touch is a powerful way to comfort and decrease internal stress!



#### 3. Listen

Describe your observations and ask questions to understand what motivated the behavior. Reflect and validate feelings.



#### 4. Involve Your Child in Problem Solving

Focus on the lesson you want your child to learn from the experience. Involve him or her in choosing a way to make amends and in making better decisions.

### 2. When Your Child Needs Guidance...

Provide a reason and a request to redirect the behavior.

#### 1. State the rule.

#### 2. State the reason for it.

#### 3. Request the desired behavior respectfully.

This can be an opportunity to use an **I Statement**:

"I feel insert a feeling word when you name the misbehavior because state the impact and I want you to name the desired behavior."

Naming the impact and sharing the perspective of those affected by the misbehavior helps children understand that their choices have consequences and develop empathy and awareness of others!

#### 4. Give your child time to react to the request.

#### 5. Once your child corrects the behavior...

Give praise and positive reinforcement.

### 3. When a Consequence is Necessary...

Calmly request that the behavior changes...

#### Give Your Child Time to React

Wait 5-10 minutes for compliance.

#### Misbehavior Continues

#### Respond Calmly with a Consequence

**Immediately after the consequence is fulfilled, give praise and reinforcement.**



### In All Discipline Situations...

**Consider the lesson you want to teach!**

Remember, your goal is to show love and build skills that last a lifetime!