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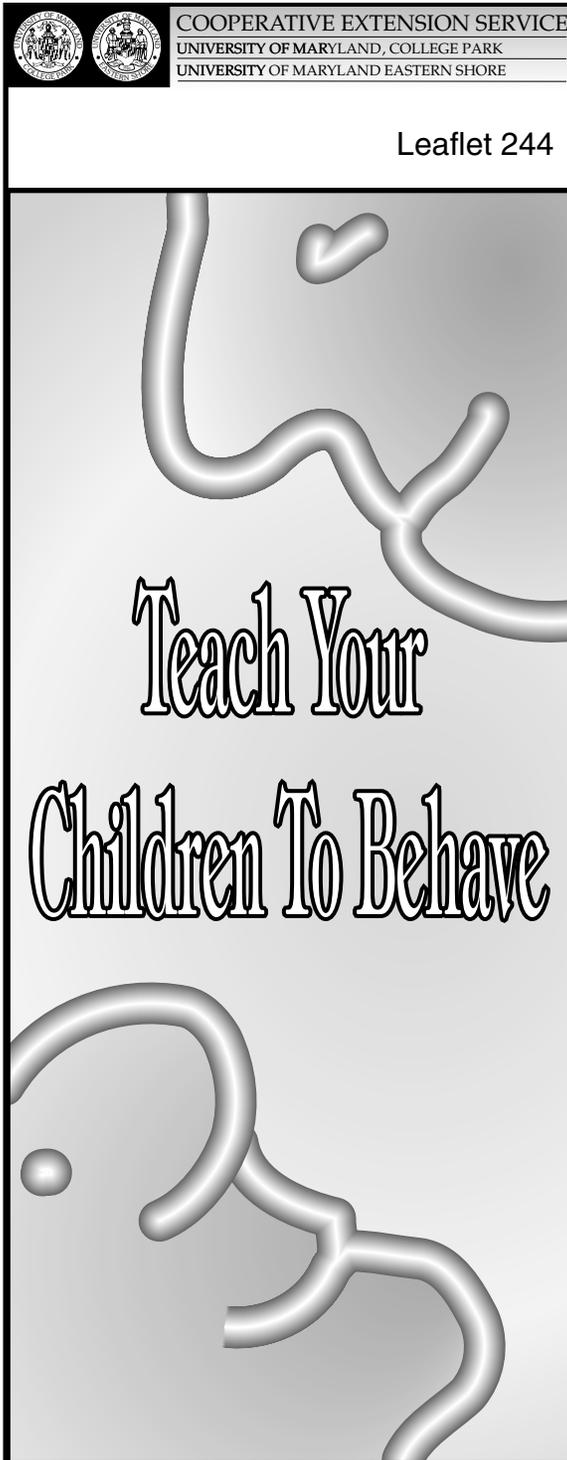
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# Parents: Show You Care Teach Your Children To Behave

Teaching your children to behave is hard work. Too often you may use words like “don’t,” “stop,” and “no.” These words will tell your children what *not* to do. They do not tell them what *to* do. Your goal is to teach them how to behave on their own.

Face it. Sometimes your children will not behave. That is normal. When it happens, talk about things they could have done.

Some parents spank and yell at their children. But spanking and yelling do not do much good, and there are bad side effects. Spankings can scare your children. Yelling makes them feel hurt and angry. They will learn to yell and hit, too. Talking, not spanking, helps them learn the right thing to do. Use “time out” when your children are upset. Being alone helps them calm down.

It helps to have some rules in a family. Tell your children why they need rules. Let them help make some rules. Then they will be less likely to break them. It helps when family members agree on rules. You will need to change the rules as your children get older.

## Ways to Teach Your Children to Behave

- Tell your child you expect good behavior.
- Say: “I know you will do the right thing.”
- Use more do’s than don’ts.
- Say: “Good job!” when your child does something right. Tell them what it was specifically that was done well.
- Set up rules about bedtime, meal times, and watching TV.
- Stick to the rules.
- Do not spank your child. When angry, count to 10. Sit down. Relax.
- Be patient.
- Speak calmly when your child misbehaves.

Other leaflets in the *Parents: Show You Care* series include the following:

- L 238 Show Love
- L 239 Have Fun
- L 240 Build Trust
- L 241 Listen
- L 242 Raise “Can-Do” Children
- L 243 Help Your Children Like Themselves