

# A Parent's Guide to Children Misbehaving

Children tend to misbehave when their basic needs have not been met. When parents understand the basis for the child's misbehavior they can effectively respond to the child's needs.

## Reasons why children misbehave:

- Lack of sleep, food, exercise, or fresh air
- Illness
- The child does not feel loved by those around him/her
- The child lacks self confidence
- Failure in school
- The child feels insecure
- The child feels rejected by family or peers
- Negative peer group interactions
- Children often misbehave for negative attention because that is the only attention they get

## How can parents help?

- Provide children an opportunity to socialize with their peers
- Play with your children
- Talk to your children about friends, relationships, and family
- Encourage problem solving in your child
- Reinforce positive behavior
- Set clearly defined limits
- Set a good example for your child
- Allow for choices
- Take an interest in your child and his/her activities
- Get the child's attention before speaking
- Seek help from your local school district or parenting program

## Sources:

*Steffens, P.* (n.d.) Retrieved on June 28, 2003 from The Nebraska Cooperative Extension at <http://www.ianr.unl.edu/pubs/family/nfl152.html>

*Social Skills.* (n.d.) Retrieved on June 28, 2003 from Auburn University Department of Human Science at <http://www.humsci.auburn.edu/parent/socialskills.html>