



# Encouraging good behaviour

Whether they are feeling tired or hungry, or are simply exploring their independence, it's normal for children to misbehave from time-to-time. This can be frustrating, but there's lots you can do to encourage your child to behave.

## Change approach

- Catch difficult or negative behaviour as soon as it starts and encourage a more positive approach
- When they start to get restless, suggest a fun game or interesting activity to keep your children entertained

## Take a pause

- If you feel yourself getting annoyed, take a 10-second pause
- Focus on slowing breathing in and out
- This will help you respond in a calmer way

## Teach consequences

Explaining the consequences of their behaviour will help a child take responsibility for their actions and is an effective way of teaching discipline.

- Give your child a chance to follow your instructions before telling them the consequence
- Explain the consequence in a clear and calm way so that they understand
- If they still misbehave, follow through with the consequence. The consequence might be no ice cream or—for teens—a day without their phone
- Give your child a chance to change their behaviour, and praise them when they do something good

## Follow advice

- Spend quality time together to make your children feel loved
- Build a great relationship by keeping calm and staying positive
- Follow a routine to give children a sense of security

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These evidence-based parenting resources were developed by Parenting for Lifelong Health in collaboration with [UNICEF, WHO, and other international agencies](#).

