

Bear Wellness

“Too much love never spoils children. Children become spoiled when we substitute presents for presence.”

Managing Behaviors at Home

1. Be aware of the situation

Consider and manage environmental and emotional factors

2. Adjust the environment

Remove distractions like video screens and phones

3. Make expectations clear

4. Create effective consequences

Take away phones and electronics

5. Avoid giving negative attention

5 Behavior Management Tools

1. Make expectations explicitly clear.

Parents may feel like they shouldn't have to explain themselves to their kids...It doesn't have to be complicated, just simple, clear directions like: *I want you to have a shower right after play time, so you don't bring dirt through the house.*

2. Be Consistent

Kids struggle with the mixed messages and will be more likely to question *why* they're expected to do things. Plus, consistency helps kids to feel secure and confident, in their surroundings, and in themselves.

3. Create a solid routine

A solid family routine helps to solidify expectations, and make sure that kids meet them on a daily basis. And a routine makes it easier for parents to follow through with the own rules that they've set for themselves and for the rest of the family.

4. Communication

It may seem obvious, but busy schedules and digital communications have gotten in the way of real, personal conversations. It's so important to talk openly, honestly and often with your kids.

5. Avoid rewards

Rewards are appropriate for certain tasks or chores, especially the less common or frequent ones. But kids shouldn't be rewarded for behaving well or for everyday tasks.

