



Preventing Bad Behaviours from Your Child During Pandemic

Redirect

- Catch any bad behaviours early on and redirect your child's attention to a good behaviour. For instance, when you feel that your child is getting frustrated, you may redirect them with something interesting or fun (e.g., board game or movement break).

Reinforce Good Behaviours

- Reinforce your child's good behaviours with compliments. Focus on things they are doing well, rather than highlighting things that they cannot.
- Use both physical and verbal praises (e.g., body gestures, words) to make your child feel more accepted and loved.

Use Consequences

- Consequences help teach your child what it means to take responsibility.
- Give your child a chance to follow your instructions before giving them the consequence.
- Stay calm when giving the consequence. Make sure it is realistic, and something you can follow through.
- Once the consequence is over, give your child a chance to do something good, and praise them when they follow.