

Why Children Misbehave

Children misbehave when they don't feel well. Children need plenty of sleep, nutritious food, exercise, and fresh air. When they don't get these things, they are often hard to get along with. A tired child can be a cranky child. A hungry child is irritable. A sleepy child becomes fussy. A sick child can be cross.

Children misbehave when they feel rejected. Children who feel unloved and unwanted can become resentful, moody and ill-behaves. When parents or other adults ignore children's thoughts and feelings, youngsters tend to think of themselves as unworthy.

Children misbehave when they lack knowledge and experience. Children are not little adults. They don't come ready equipped with information and wisdom. Mistakes and misbehavior are normal. Many acts that parents call "bad" are simply mistakes. They only need to be talked over and explained.

Children misbehave when they are upset and feel insecure. Children need constant attention and the security it provides. Change causes upsets. When Mother is sick, when a new baby arrives, or when the family moves to a new neighborhood, misbehavior is much more likely.

Children misbehave when they are discouraged. Children feel discouraged if they don't hear praise for the good and positive things they do. They may misbehave to get the attention and closeness of their parents that they need.

Children misbehave when they feel unloved. Children want to please those who love them. Without a loving relationship, children have no reason to behave in acceptable ways--except to avoid punishment. It is not enough that parents love their children. That love needs to be shown and demonstrated.

Children misbehave when they lack confidence. Feelings of inadequacy may cause children to brag, boast, or fight. Or they may be unwilling to try new things and withdraw. "Put-downs" make children feel worthless; encouraging words make children feel confident.

For Further Reading

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