



20 WAYS TO PREVENT MISBEHAVIOR

Prevention is the best way to discipline. Here are 20 tips for preventing misbehavior in children:

- ⇒ Give children plenty of time indoors and outdoors for highly active play.
- ⇒ Offer calming activities daily, like playdough, water or sand play.
- ⇒ Label children's strong feelings by saying, "You seem mad..., You seem frustrated..."
- ⇒ Offer nutritious snacks and meals. Feel free to give food earlier if children are having a hard time waiting until food is served.
- ⇒ Get down on the floor with the children as much as possible.
- ⇒ Teach children to use words with other children.
- ⇒ Give children a five minute warning when it is time to finish an activity.
- ⇒ Have something new and interesting to do everyday.
- ⇒ Catch children being good and point out the positive behaviors that you notice.
- ⇒ Ask children real questions and carefully listen to their answers.
- ⇒ Keep schedules and routines predictable.
- ⇒ Tell children in advance about any changes to the daily routine that you know about in advance.
- ⇒ Make a place for private and quiet play.
- ⇒ Talk with children about the difference between real and pretend.
- ⇒ Give children at least an hour of free play in morning and afternoon. Make sure children have several play choices from which to choose.
- ⇒ Stay nearby in situations that have been hard for a child in the past.
- ⇒ Give children a chance to use crayons, markers or paint any way they choose every day.
- ⇒ Put toys and other supplies on low open shelves, so that children can get things they need and want by themselves.
- ⇒ Give children responsibilities, like helping with meal preparation and serving, cleaning up and other valuable jobs that need to be done.
- ⇒ Most of all, be a good role model.