

Sometimes, Bad Behavior Just Needs to be Ignored

Does your child keep whining, crying or throwing temper tantrums—no matter what you do or say?

Children do that to get what they want. They know their parents will usually cave in. One of the most effective solutions is to ignore the behavior. Try this:

- **Withdraw all attention.** Don't talk to your child. Don't frown. Don't show disapproval. Ignore it.
- **Be consistent.** Don't ignore a behavior one time and attend to it the next—even if you're in public. If you react, your child will act out several more times.
- **Be prepared for the behavior to get worse.** When your child doesn't get the reaction he's used



to getting, he might intensify his efforts. Stay the course! Once he realizes his behavior isn't working, it will start to disappear. It usually takes one to five days of consistent, total ignoring for behavior to correct itself.