

BEHAVIOUR PROBLEMS IN CHILDREN

How can you help your child?

There are many reasons why a child may not be behaving properly. Often, this will ease over time. But if this behaviour is causing distress to you, the child or the family, it needs to be addressed.

As a parent, there are a number of things you can do to help.

DON'T GIVE UP

As hard as it may seem, it can get easier. Seek support from your friends, family or another parent. Talking can not only help you feel less alone, but see things in a new light.



BE CONSISTENT

Be consistent in how you deal with the bad behaviour, otherwise your child may not understand why it's wrong. Ask others to react the same way.

STAY CALM AND DON'T OVERREACT

It's easy to get frustrated and overreact. If you're particularly stressed, find other ways to cope, like talking to a friend or spend the day doing something you love.



TALK TO YOUR CHILD

Maybe they're behaving this way for a reason. Bullying, new schools and family changes can affect behaviour. Talk to them and work together to overcome the problem.



FOCUS ON THE POSITIVES

Don't forget to praise your child! Tell them why you're proud of them and remind them that they are loved, no matter what.



If you're worried about your child's health and behaviour, professional support is available. For more information on child mental health and related issues, please visit www.counselling-directory.org.uk.