
Behaviour Challenges and Solutions

Developing good behaviour in children is one of the biggest challenges that most parents face. Children with “good” behaviour are often successful students and are well-liked by their peers and their teachers. Children with behaviour challenges tend not to do as well academically and often have difficulty making and maintaining friendships. Behaviour challenges can range from refusing to toilet train, refusing to share or pick up toys, complete homework or do chores.

What can parents do to curtail negative behaviours and increase positive behaviours?

The key to good behaviour is consistency. Parents first need to clearly define household rules and behavioural expectations. Then, parents need to be consistent when they re-enforce these rules and expectations. Ideally, parents are raising children who can make appropriate decisions about their own behaviours. So, discussing consequences of behaviours, both positive and negative behaviours, is a must. With well-established rules and expectations consistently re-enforced consequences, children slowly improve and hone their behaviours as they learn what is expected at home, in school and in public.

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