



My child is misbehaving!

Is my child...

- Hungry?
- Sleepy?
- Sad?
- Frustrated?
- Sick?
- Lonely?
- Bored?
- Scared?
- Rushed?

**Parenting
can be tough.**

Asking for help doesn't have to be!





My child is misbehaving!

I can...

- Stay calm
- Look in their eyes
- Listen to their words
- Distract
- Respond to the need, not the behavior
- Help them name what they are feeling

Tears and tantrums are normal. Take time to understand the “whys” of your child’s behavior.