



Dear NRHEG Elementary Families,
Greetings! Elementary kids can make parents proud one moment and frustrate them the next. Listed below are a few strategies/techniques to handle trying child behavior. These resources are provided by *Home and School Connection*, Aspen Publishers.

~Put behavior in perspective.

Knowing what's normal for elementary children can keep frustrations in check. Show by example how you want your child to act.

~Count to three. The next time your child behaves in a way you want to stop, use the 1-2-3 system. One for the first offense, and if the behavior continues, then two. The third time, provide a break for the child; suggested time is one-minute per age.

~Put it in writing. Start by listing daily expectations. Decide the number of tasks your child must complete and limit the violations. Post the agreement where it can be seen.

~Be clear. Whenever possible, instead of simply refusing your child's request tell them specifically when they will be allowed to do it.

~Give notice. Try to give advance notice when your child needs to shift their attention. Example: "Ten minutes until we eat. Five more minutes of your video game."

~Find solutions. When you feel like raising your voice, invite your child instead to suggest ways to remedy the situation. Be prepared to help them think of solutions. Over time, they will learn to consider choices and choose ideas that work best.

~Tame conflict step by step.

Conflict resolution skills can bring peace to times of tension. Calmly state your feelings, admit responsibility and listen to your child.

~RESOURCES~

1-2-3 Magic: Effective Discipline for Children 2-12
by Thomas W. Phelan, Ph.D

Don't Be Afraid to Discipline: For Ages 7-16 by Dr.
Ruth Peters

Easy to Love, Difficult to Discipline: The 7 Basic Skills for Turning Conflict into Cooperation by
Becky A. Bailey, Ph.D

Kid Cooperation: How to Stop Yelling, Nagging & Pleading and Get Kids to Cooperate by Elizabeth
Pantley

Peaceful Parents, Peaceful Kids: Practical Ways to Create a Calm and Happy Home by Naomi Drew

Raising a Thinking Preteen: The "I Can Problem Solve" Program for 8-12 Year-Olds by Myrna B.
Shure, Ph.D

Raising Your Spirited Child: A Guide for Parents Whose Child is More Intense, Sensitive, Perceptive, Persistent, Energetic by Mary Sheedy Kurcinka

Tired of Yelling: Teaching Our Children to Resolve Conflict by Lyndon D. Waugh M.D.

When Your Kids Push Your Buttons and What You Can Do About It: For Parents of Toddlers to Teens
by Bonnie Harris

Your School-Age Child: From Kindergarten Through Sixth Grade by Lawrence Kutner Ph.D

*This list is compiled for information purposes only and does not imply endorsements of any particular book. Feel free to pick and choose the ideas that make sense for you and your family.

