

Is Your Child Having Behavior Problems in School? Don't Be Discouraged, There Are things You Can Do

This is the time of year when a parent/teacher conference could reveal that your child is having behavioral problems. This could range from disruptively talking in class to fighting and naming calling on the playground. Don't become discouraged, the reasons are generally simple and can be addressed. As a parent, you can work with the teacher to help resolve these issues as well as provide opportunities at home for your child to express him/herself.

Ways you can help at home:

- Think About What is going on in your child's life:
 - Is she dealing with a big, one-time event, such as a divorce or death in the family?
 - Could the child be acting out over smaller stressors taking place over the long- term, such as teasing from a sibling or pressure from a critical parent?
- Talk and Really Listen to your child:
 - He may open up freely and tell you what is bothering him
 - Children talk to adults when they feel safe, loved and close
- Let your child "fall apart":
 - Children keep a lot inside but are usually looking for ways to get their feelings out. Help by being ready for a tantrum, rage, or an insistence that something be done in a particular way or their world will crash.
- Stay close to your child:
 - Get up earlier to provide some relaxed time with your child
 - Snuggling or cuddling in the morning can set him/her up for a better day.
- Play with your child:
 - Set up play times with your child so that he/she can get some of the attention he/she might be seeking thru misbehaving in school.

Reference Parent Center, Sara Henry, Ann Bartz, Michele Orphanakis-Ward