

A PARENT'S GUIDE TO

KIDS BEHAVIOR

*includes tips to improve
your kids behavior*



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CHAPTER 1

CONQUERING THE BASICS



Do you remember the first time your child had a meltdown of epic proportions? Perhaps you wanted to sink into the floor with mortification. Maybe it took every last ounce of your strength to keep from screaming. There may have been tears of frustration -- or all of the above.

Whether it's the occasional tantrum or a lingering bad habit, kids don't always behave as they should. It's perfectly natural for them to test an adult's limits and push boundaries. Consider it par for the course to have a few behavioral bumps in the road as children go through various developmental stages.

With that being said, the best-proven way to model appropriate behavior to your child is to lead by example. Kids are more likely to willingly follow and listen to someone they respect and look up to. Combine your leadership with consistency, patience, and good communication. Spend time actively listening and talking to your children.



CHAPTER ONE

Numerous studies demonstrate that positive reinforcement works better than punitive measures. This is not to suggest that bad behaviors go without consequences, but that praise and rewards are given to praise a job well done.

While it's best to limit screen time for the kiddos, adults also tend to be attached to their smartphones. So, it only makes sense that there's an app for that! Everything you need to track your children's progress lies at the tip of your fingers.

The app is easy to use and streamlines the process of documenting highs and lows throughout the week. Tracking rewards and consequences allows parents and children to see a general overview to determine the areas that need improvement -- and those that are deserving of a reward.

Your child will delight in making his or her profile (with a little assistance from Mom or Dad) and seeing a cumulative chart showing their week in review. If you have more than one kid, you can make a friendly competition between siblings to see who earns the most positive points. Of course, keep it lighthearted and fun so the child that does not win can easily bounce back the following week.

Download [Kids Behavior App](#) (FREE Beta access) today to start keeping track of what's happening, and then look for patterns.

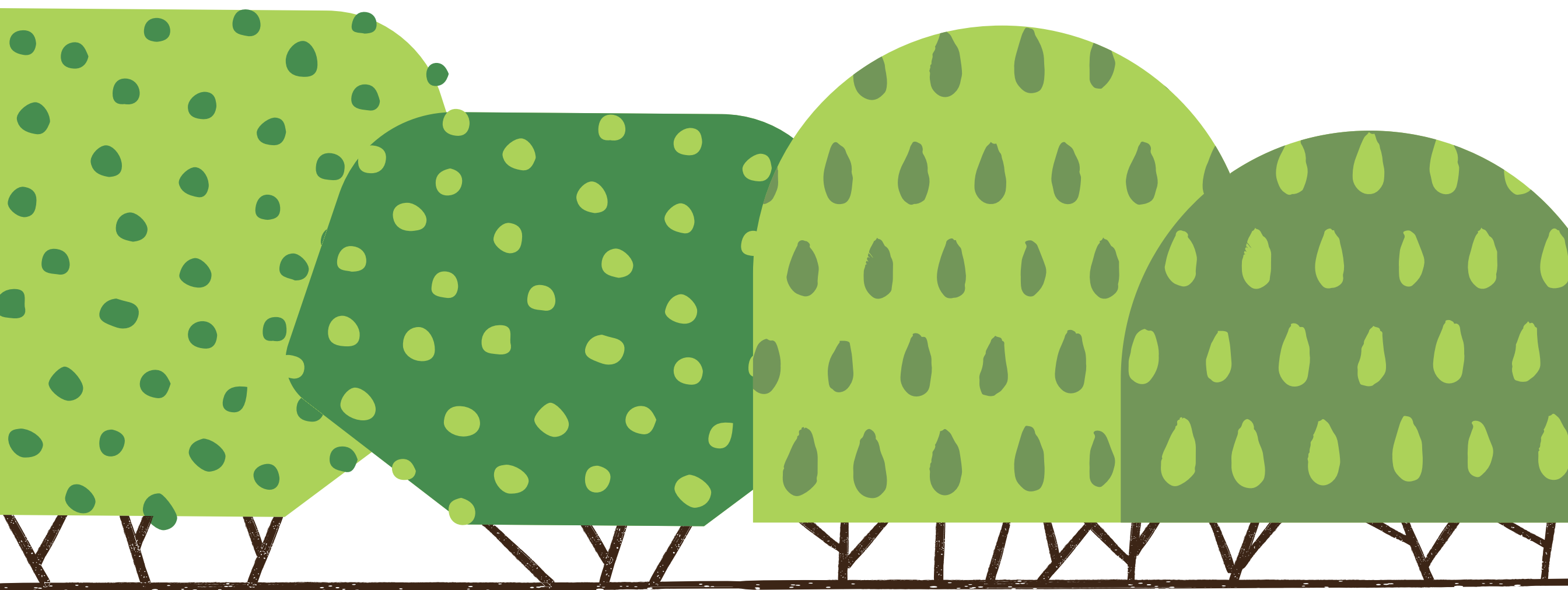
POP QUIZ



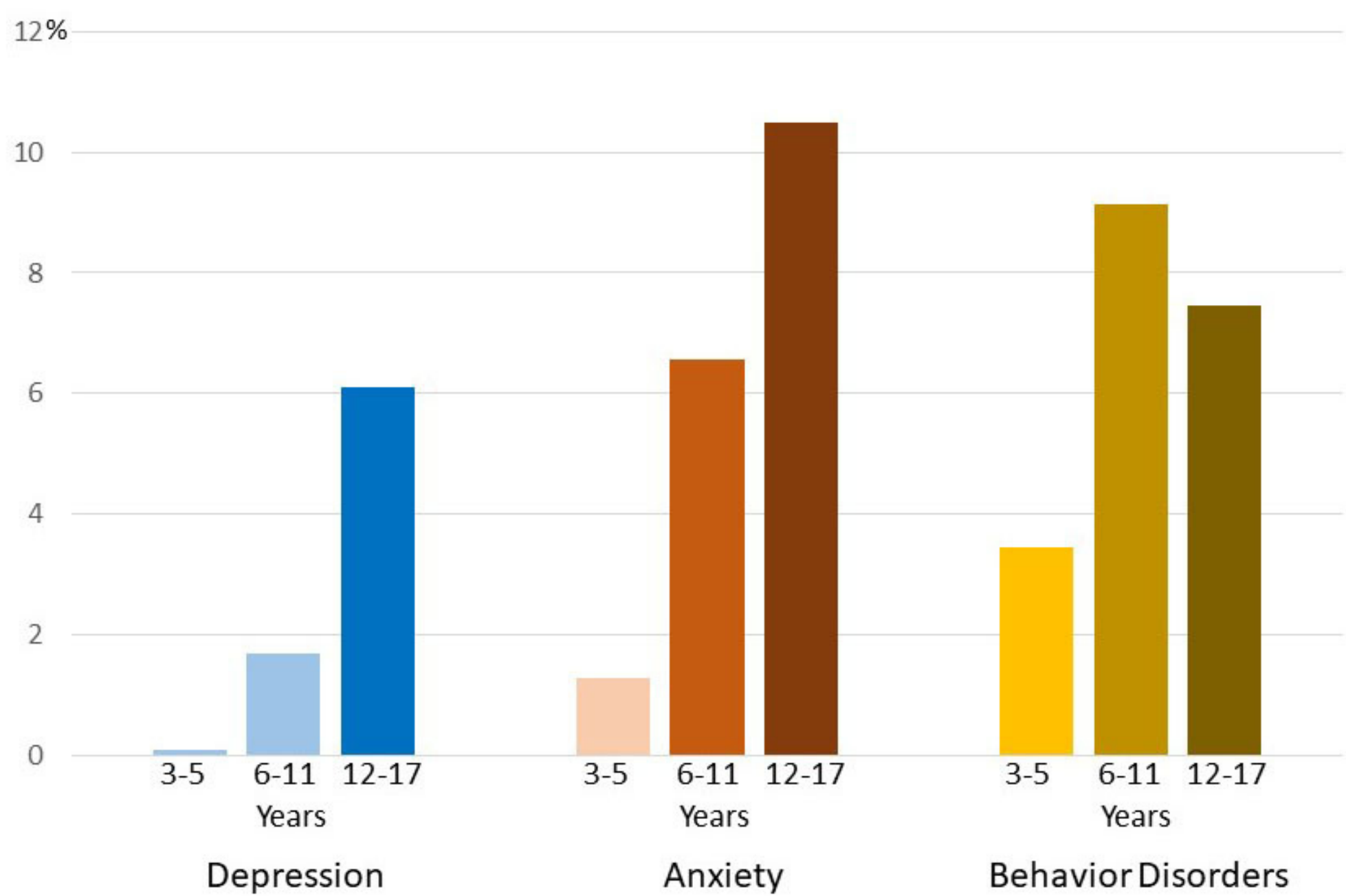
Q1

According to researchers, which of the following parenting style tends to result in children who are more happy, capable, and successful?

- ☐ A Authoritative parenting
- ☐ B Authoritarian parenting
- ☐ C Permissive parenting
- ☐ D Uninvolved parenting



Depression, Anxiety, Behavior Disorders, by Age



Behavior problems are more common among children aged 6–11 years than children younger or older.

Note: The rates reported on this page are estimates based on parent reports, using nationally representative surveys. This method has several limitations. It is not known to what extent children receive these diagnoses accurately. Estimates based on parent-reported diagnoses may match those based on medical records, but children may also have mental disorders that have not been diagnosed.

Source: <https://www.cdc.gov/childrensmentalhealth/data.html>

CHAPTER 2

WHAT TO EXPECT



Every child is unique and develops differently, but our app can help you figure out if your child is meeting typical behavioral milestones and celebrate how they're growing.

Here are a few pro-tips for behaviors and chores. Feel free to modify them as you see fit. What works for your family may not work for others.

Please note that your child is not a statistic, but a unique little human that develops at their own pace. These are merely guidelines. You know your child's abilities and what is appropriate for them.

POP QUIZ



Q2

**You have to be stricter with
ADHD kids.**



A

True

B

False

CHAPTER TWO

Birth to 24 months

If your little one cannot walk or talk, there won't be too many chores or talks about how to behave! Yet these crucial first two years are worth mentioning because it lays the baby's foundation. Make the most of them.

- Read to your child every day.
- As weather permits, take them for an outside walk in the stroller.
- Talk and sing to them as often as possible.
- Play with them.
- Touch, tickle, and hug to promote physical touch.

2 years

Your two-year-old has a vocabulary of 200-300 words and is brimming with curiosity. Full of energy, they go, go and go – like there's never a dull moment! They are paying attention to everything you do and are eager to help.

Give two-year-olds choices to let them know you respect their opinions. Perhaps make them choose between waffles or eggs for breakfast, the green shirt or the black shirt, etc. Then let them assist in preparing the breakfast or putting on their own top.

Toddlers can do simple chores and tasks around the house. They can pick up their toys, put dirty clothes in the laundry basket, or help with sweeping. It's also the perfect age to teach them the importance of washing their hands before mealtimes.

While the 'terrible twos' are oftentimes synonymous with tantrums, this isn't always the case. However, tots this age have no concept of sharing, think everything is



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"mine" and frequently uses the word "no". Therefore, this can be a good time to let them socialize with other children while reminding them to keep their hands to themselves.

3 years

Chances are, your three-year-old is potty-trained and speaking in simple sentences. "Why?" is the buzzword for this age. Constantly questioning, these toddlers understand comparisons (such as big versus little) and attempts to solve problems.

Continue to build on the household tasks already established. Let them sort laundry or put cups in the dishwasher. They want to be helpers, so let them help!

Imperative for this age is socializing with other children. Before preschool and kindergarten start, hone in on their interactions with peers. At this point, they are capable of sharing and taking turns. Coordinate with other moms to create play dates or go to the park. It is also encouraged to allow them to play freely and without structured activities.

4-5 years

Watch out, world! These youngsters have officially graduated from toddler status and are starting school. They love to tell stories and talk a mile a minute.

Manners are being developed, so encourage your child to say "please" and "thank you."

Often, they get a bit moody and are prone to fighting with siblings. It is also not uncommon to have



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imaginary friends or play nurse and doctor to explore their bodies. Cooking and sports are a great way to engage with your preschooler.

Be mindful of the fact that starting school provides them with regular access to structured learning and having peers. Going from a casual playdate to full-time school can be daunting. Many preschoolers may cling to their parents and be reluctant to enter the first few weeks of school. Ease their separation anxiety by assuring them they will have fun and you will be there on time to pick them up from class.

6-7 years

Now your child can read age-appropriate books and start riding a bike without training wheels. They might also feel sibling rivalry and be jealous of the attention their peers are getting. While they appreciate solitary play, friends are becoming increasingly important. At this age, they tend to play with friends of the same gender.

These younger elementary kids love to mimic adults, so take full advantage of your little helper. They can make their beds each morning and be an extra pair of hands. Pleasing adults is important to them.

8-9 years

Elementary children of this age can use tools and understand fractions. Competition and games are fun for them, as are group activities such as Cub Scouts. They're starting to include the opposite sex in their friendships. Most are probably getting curious about boy-girl relationships, but they probably won't tell you that



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Encourage your child to socialize and get them involved in as many group activities as possible. Try a hobby that is not associated with the school to broaden their social circle. Make sure they are playing well with others and helping out around the house. Allow them to set the table and use the microwave.

10-12 years

By the time they reach the double digits, adolescents have honed their fine motor skills. They can draw, sew, and use tools with supervision. Their favorite item is the telephone -- and they love talking with their friends. Friends are everything to this group. Most likely they have a best friend or a core group.

Adolescents love doing things like going to the mall or movies with friends. Mom & Dad will need to chaperone, but give them space. Allow them to have a taste of independence.

This is the age where they really start to notice the opposite sex. While they're not as crush-crazy as teens, they may start to pair off in innocent boyfriend and girlfriend relationships. For 11 and 12-year-olds, there may even be school dances.

One important thing to note is the role of technology. They will need the computer for school projects and may express interest in a cell phone. It is absolutely crucial to monitor internet usage and social media involvement. There is no set age for when a phone is appropriate, but know that once they have access to a smartphone, it's very hard to monitor what they are doing with it.

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Use this age as a time to build morals and empathize with others. Teach them that bullying is wrong [including the dangers of cyberbullying] and encourage them to be kind and respectful. Advise them against the pitfalls of peer pressure and let them know you are always available to talk.

13+ years

Teens may feel that a 'chore chart' is childish. They don't get the same gratification as younger children do from marking off accomplishments and don't require a reward. Appropriate consequences for poor grades or misbehaving include grounding and loss of privileges. As far as acknowledging good conduct, having an incentive for a job well done is always a plus.

If you have teenagers and younger siblings in the home, it might make the younger ones happy if the teen is included on the app. In this case, ask them to play along and be a good sport. Spending time with their older brother or sister could be an excellent bonus.

If you are looking for an excellent, fun, and comprehensive solution for tracking your child's development, download our beta version of the [Kids Behavior App](#) for free. No credit card required.



**Children of parents
who are both
responsive and firm
tend to be more
competent and
cooperative than
children of parents who
are either authoritarian
or permissive.**

Source: Baumrind D, Black AE. 1967. Socialization practices associated with dimensions of competence in preschool boys and girls. Child Dev. 38: 291 – 327 pp.

POP QUIZ



Q3

Which stage in a child's development is said to be the most important? Hint: It is where they shape the brain's organization, development, and functioning throughout life.

A

0-1 year

B

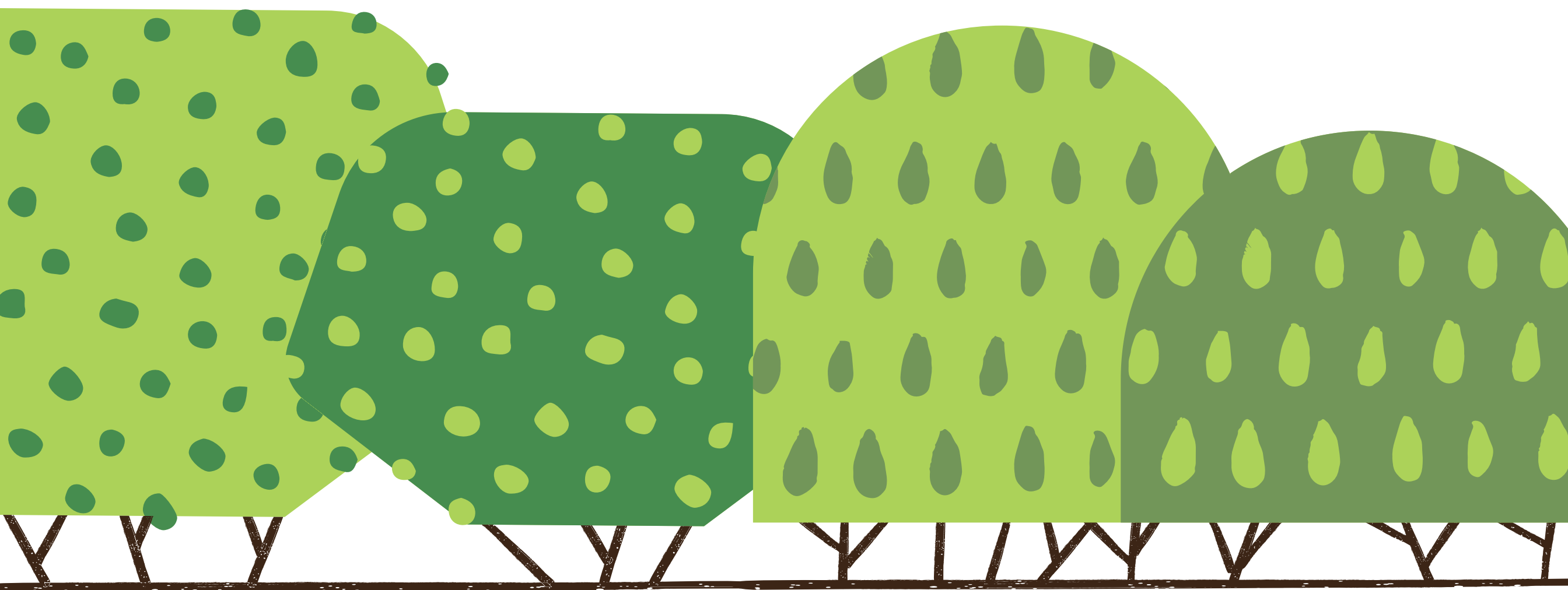
1-3 years

C

4-6 years

D

7-9 years



CHAPTER 3

TAKE CHARGE



When you're faced with so many behavior issues you don't know where to start, it's not easy. Fortunately, kids nowadays are receptive to rewards. Rewards can help get your child to do more of the things you want her to do.

The best rewards are those that can be enjoyed by the whole family – full of fun and offer ample opportunities for bonding and making memories. Let your children offer reward suggestions and be actively involved with the process. Here are some ideas:

- Dinner at the restaurant of your child's choosing
- Family movie night
- Board games or Twister
- Hiking a local nature trail
- Mother/Daughter Spa Day
- Chuck E Cheese



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- Ice cream sundae party
- Father/Son fishing trip
- Children's Museum or anything hands-on
- A trip to the zoo
- Bowling
- Build A Bear
- Go to the park
- Roller skating
- Mini golf
- Laser tag
- Invite friends for a sleepover
- Create a time capsule
- Service project as a family

Obviously, some of these are for the older kiddos. Some of these cost money, but there are plenty of ways to not spend a dime (or very little) and still have a blast. You don't even have to leave the house if you don't want to, though after being cooped up during quarantine, it might be a welcome change of pace.

Using a tracking app makes things less complicated while keeping everyone on the same page. Let the youngsters work towards a special reward or subtract a few points if they're not at their best. Bring the family together and keep the children on their P's and Q's.

Be the first to try our [Kids Behavior App](#) (beta). No credit card required!

Kids Behavior Quiz

Answer Key

Q1: According to researchers, which of the following parenting style tends to result in children who are more happy, capable, and successful?

Ans: Authoritative Parenting

Q2: You have to be stricter with ADHD kids.

Ans: False. Research says that you don't have to tighten your belt with a child who has ADHD. It's important to reward good behavior consistently and discourage destructive ones, but you shouldn't be too strict with your child. You can set up a behavior management chart with rewards to manage your child's behavior.

Q3: Which stage in a child's development is said to be the most important? Hint: It is where they shape the brain's organization, development, and functioning throughout life.

Ans: 1-3 years. According to UNICEF, the first five years are particularly important for the development of the child's brain, and the first three years are the most critical in shaping the child's brain architecture. They have a direct impact on how children develop learning skills as well as social and emotional abilities.

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