

Why Do Children Misbehave?

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Common Child Behavior Problems

- Lying
- Defiance
- Impulsive behavior
- Disrespectful behavior (name calling, throwing items)
- Aggression (physical or verbal)
- Temper Tantrums (screaming, stomping, throwing themselves on the floor)



Reasons a Child Might Misbehave

1. The child is trying to get a need met.
2. The child is stressed and has strong emotions.
3. The child is misbehaving as a way in trying to get attention.
4. The child wants more independence.



1. The child is trying to get a need met.

- A reason a child might misbehave is because they are trying to get a need met. They may be tired, hungry, or bored and act out in response to that.



Source: <https://extension.psu.edu/programs/betterkidcare/parents-families/families-count/why-do-children-misbehave>

2. The child has strong emotions.

- Often times, children express their emotions through misbehaviors. Young children do not know how to express different emotions, which will lead to defiant behavior. It is important to teach students coping skills on how to respond to a certain emotions. For example, if a child is angry in the classroom a few coping skills would be to: 1) cool down and take a walk, 2) deep breathing exercises, 3) see a school counselor.



3. The child is trying to get your attention.

- Children often misbehave in order to get attention. Whether it is in school with the teacher, or at home with the parent, children, just like adults need attention too. The activities you can do with your child are endless. You can watch a movie, read a book, go on a walk, play their favorite sport with them, etc.



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4. The child wants independence.

- Every child needs space to learn and grow. They also need time to cool-down and regroup when they are upset or angry. Giving a child room for that, will promote independence.



Video: “Why Do Students Misbehave”

<https://www.youtube.com/watch?v=0CzPjq1hu48>

5 Positive Ways To React When Your Child *Misbehaves*

1) KEEP YOUR COOL

Losing your cool while trying to improve your child's behavior doesn't set a positive example of how to act in stressful situation.



2) DON'T HIGHLIGHT MISBEHAVIOR

Of course, you can't ignore misbehavior completely, but try not to show your kid any extra attention when they misbehave.



3) TAKE SPECIAL NOTICE OF GOOD BEHAVIOR

Make sure that you are intentional about giving praise to your children for good habits and behavior.



4) STAY FIRM

While it's important to use a calm tone of voice when speaking with your child, remember to also remind them that *you mean what you say*.



5) ACCEPT MISTAKES

Children make mistakes in how they behave, just like adults sometimes do. While misbehavior may not be desirable, it is a perfectly normal part of being a kid.



Questions? Comments

Thank you!