

ASK THE EXPERT QUERIES

Category: Behavioral Issues

Query 1

Nov 2014	Male	Age 09 to 13	I am mother of three boys, ages 10, 8 and 5 years. My husband is frequently posted in hard areas so I have been raising my sons alone most of the times. When I had only one child, I had no issues managing his behavior and routine but with three children I have my hands full. I am not a very strict mother and let them have their way but then there are times they get totally out of control, don't sleep on time or finish their work and fight with each other. In such situations, I end up scolding and hitting them. I do try not to resort to hitting, but they take advantage of my lenience. I live with my in laws and they keep telling me to bring about some discipline in their lives. I don't want to be too hard on them as they miss their father. Please guide me how I can get them to become disciplined without my having to resort to punishments and hitting.
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Query by: Parent

Response

Dear Parent,

Thank you for sharing your situation openly and honestly by highlighting what you think might be going wrong in this situation. Your need to provide the best for your children, in the absence of their father is understandable and the fact that you have to raise them on your own may add to the stress. Often times, a single parent tries to compensate for the absence of the other parent by either letting children do whatever they want to or/and showering them with expensive gifts. You seem to be facing a somewhat similar situation where you don't want your children to miss the fact that their father is not around by not being strict with them about their daily chores and habits.

While your children's behavior will be affected by changes in the family (in your situation frequent absence of your husband), It is important to know that you can address the father's absence and their havin g to follow a general discipline as separate issues.

You can talk to them in ways that elicits their feelings about the father's absence and how best they can cope with it. For example, you can ask them; *'How do you feel when abu is not around? What do you miss most about him? Why do you think he is not here with us? How can we best keep connected with him? What is it that you think you can do/we can do as a family to deal with some of the feelings you shared?'* It is important that you listen to their concerns and fears so that you can address them accordingly. Many children tend to blame themselves for the father's absence and it is important that this be clarified. Do share their thoughts with your husband next time when he is around, so that you can address some of the concerns and feelings as a family, in an age appropriate way.

As for the issue of disciplining, it is important to remember that by following too extremes i.e. being overly lenient to being extremely strict and physically harsh does no do much to teach children any discipline. While there are many things that you can do, I am sharing some common things that might help, which would need to be used age appropriately and consistently over a period of time for them to be most effective.

- Have your children follow a routine by setting some norms related to meal times, homework, sleep and play. Rules and norms regarding behaviors such as cleaning up the room, hitting, shouting etc. could also be made. You can involve your older children in making the norms, so that they own these. Keep some rules flexible say over the weekend or when someone is visiting while make sure that others are strictly followed.
- Set some logical consequences in case the norms are not followed. A logical consequence is a related and reasonable consequence to the behavior. For example, the logical consequence of not finishing the homework would be taking some time out of the playtime to make sure that the work is finished. Make sure that the consequences are given in a respectful, non-derogatory manner and are communicated to the children in advance.
- Reinforce you children’s positive behavior. For example, when your older child does not hit the younger sibling or when one of them finishes his work on time, appreciate and acknowledge this behavior genuinely. We tend to pay more attention when children behave negatively as opposed to when they behave positively.
- Keep talking to your children and asking them about their day to day issues. This helps deal with the emotional ups and downs of daily life and the difficult behaviors that maybe a result of those emotions.

Best of luck! Do share your experience of trying them out and I will suggest some more next time.

Query 2

Dec 2014	Male	Age 09 to 13	My child is extremely irresponsible; I want to know something that I could do for him. His carelessness is annoying for me as well as for his teachers.
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Query by: Parent
Response

It appears that your child’s inability to take responsibility and pay attention is bothering you and the teachers. There are many reasons why children make careless mistakes and not take responsibility. Understanding these would help you and the teachers work together to deal with them. Some times children behave this way to gain attention, show their control, feel inadequate and/or are disturbed by certain events and situations. At other times children behave this way due to lack of concentration, hyperactivity and learning difficulties that they seem to have from childhood. While in some children it could be a mix of both external situations and internal learning and concentration issues. However, It would be important to differentiate between the two so that you can deal with it accordingly. One way to differentiate between the two is that learning and concentration issues, are exhibited in children since an early age with parents and teachers complaining of the child’s inability to sit through the work, easily getting distracted, interrupting the class, forgetting things easily, making mistakes repeatedly, inability to grasp concepts etc. Read up on ‘Learning Disabilities’ and ‘Attention Deficit Hyperactivity Disorder’ to see if you feel that it describes your son’s condition. In addition, share with us exact situations in which he behaves carelessly and irresponsibly so that we can guide you accordingly.

Query 3

Jan 2015	Female	Age 06 to 08	My daughter is 8 years old. She used to weep all the time. She did not show interest in anything except playing computer games. If I ask about her school, friends, homework or
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			anything she just start weeping. I do not know how to sort out this problem.
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Query by: Parent

Response

I suggest that you speak to her teachers to find out if how she is doing in school both academically and behaviorally. This will help determine if the issue only arises when she is at home or that she is also exhibiting this behavior in school. How is she when it comes to other things at home, for example following house rules, doing her chores and her mood in general? Encourage her talk to you about what seems to be bothering her. Curtail her time spent playing computer games and direct her attention towards other activities.

Query 4

Jan 2015	Male	Age 06 to 08	Why my child is so aggressive even then he has all luxuries of life?
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Query by: Parent

Response:

Having luxuries in life is not the main and only way of attaining happiness and peace. Children resort to aggression for a number of reasons and you can try determining those in your child's case and then help him deal with this aggression accordingly. Children are at times aggressive as a result of seeing aggression around them or being disciplined through physical force or physical punishment. Use of aggression and force makes children believe that it's okay to use force when they are angry and that might is right. It also makes them more stubborn and less resistant to change. Lack of any discipline, structure or routine, no clear rules related to behavior etc. can at times confuse children about what is expected of them and thus cause them to be aggressive especially when they are used to getting their way. Other reasons for children's aggression is the result of stressful life situations that they are unable to understand and cope with. These could include death of a loved one, family problems, and difficulty making friends, some form of trauma or abuse being experienced by them etc.

Query 5

Jan 2015	Male	Age 03 to 05	My Child whose name is Muzamil Khan, on a daily basis demands new items like Erasers, Sharpeners, School Bags etc. If not provided, he gets upset and doesn't go to school happily, what to do?
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Query by: Parent

Response:

He is young and learning to develop self-control and will naturally have such demands. This, however, does not mean that you give in to these demands. This is an age where children begin to understand that everything in life would not be according to their demands and that they will not get whatever they want, whenever they want it. Self-control is extremely essential for positive and healthy emotional development of children. You will notice that while he might get upset, he might also forget about it when you don't bring the issue up or/and give too many explanations. When he does that remain calm and let him know that he cannot have a new thing every day. At other times, you can divert the discussion to something happening in the school or home.

Query 6

Jan 2015	Male	Age 06 to 08	My son gets aggressive and gets stick to one thing. sometimes he says" aap mujhay maren ge to maren maren na." How should I deal with this behaviour?
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Query by: Parent

Response

Thank you for sharing your concerns. How do you normally deal with his aggressive behavior? If you resort to force or physical punishment then remember that this would need to stop so that you can teach him what you are trying to. Use of aggression and force makes children believe that its okay to use force when they are angry. It also makes them more stubborn and less resistant to change. Try to also identify if his aggression is due to some stress in the household that is having an impact on him. If that is the case, then his reaction would become better once the stressful situation improves or is addressed with him.

If that is not the case, then try identifying what are the things that make him aggressive and that he sticks to. Once you have done so, identify which issues are not worth struggling with your child for example, clothes he wants to wear, and which are worth disciplining him, for example, eating his meal, TV viewing timings etc. Making a routine and some rules in house, are useful ways to avoid the daily struggles about how much TV the children can watch, when they need to get ready for bed, cleaning up their mess etc.

If your child argues unnecessarily, diffuse this unnecessary power struggle by remaining silent at that time. You can express how you are feeling through facial expressions and body language, by stepping away from the situation and talking later. For example, you can say to the child, 'I think you are angry and upset and I will talk to you about it later when you are less angry'.

You can use the the technique of logical consequence, instead of using physical force. Consequences that are related to the misbehavior, reasonable and given respectfully are called 'logical consequences'. An example of a logical consequence would be to make a child skip her playtime for the day, if she has not finished the work, make her clean the walls if they are scribbled on, etc. let the child know in advance what the consequence would be.

Whenever you feel that he has not resorted to aggression in a situation where he normally does, praise him, as that can be the most powerful way of reinforcing the positive behavior.

Query 7

Feb 2015	Female	Age 09 to 13	A.o.a, dear madam my daughter is studying in class 4, physically fine, height is almost 4' 7". She is very much noisy ,some time behaved very politely but some time irritated ..She is elder to 2 sons..she is very friendly with neighbour's kids.but Dont mix up with brothers.I lived with my wife and 3 kids independently. Please advise me the proper way to deal with such type of children. Due to daughter's aggressive attitude my sons are taking interests in study and even reacts like her.Please advise me , how to handle the child.
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Query by: Parent

Response

From your email it appears that your daughter's aggressive and non-friendly behavior is limited to certain situations only and that there are times when she is polite and friendly especially with the neighbors kids. How do you and your wife discipline her at home especially when she

is noisy and aggressive towards your sons? If you resort to force or physical punishment then remember that this would need to stop so that you can teach her what you are trying to. Use of aggression and force makes children believe that its okay to use force when they are angry. It also makes them more stubborn and less resistant to change. Try to identify the reason for her noisy and aggressive behavior. Is it due to a recent change in the family, any stress in the household that could be having an impact on her? If that were the case, then her reaction would become better once the stressful situation improves or is addressed with her. Since you mentioned that her aggressive behavior is mostly towards the young brothers, it would be important to know how she reacted to their birth and what has changed in terms of the time and attention she gets from you and your wife since the birth of the siblings? If that seems like a plausible reason that think of ways by which you and your wife can help make her feel important and special, address her concerns about the siblings and help her adjust and accept them as part of the family.

If none of the above reasons seem to be the cause, and you feel like you have not been able to simply discipline her, then in that case, try identifying what is it that you would want her to change and not deal with aggressively. Once you have done so, identify which issues are not worth struggling with your child for example, clothes she wants to wear, and which are worth disciplining her, for example, eating her meal, TV viewing timings, behavior towards siblings etc. Making a routine and setting some rules in the house, are useful ways to avoid the daily struggles about how much TV the children can watch, when they need to get ready for bed, cleaning up their mess etc.

If your child argues unnecessarily, diffuse this unnecessary power struggle by remaining silent at that time. You can express how you are feeling through your facial expressions and body language, by stepping away from the situation and talking later. For example, you can say to the child, *'I think you are angry and upset and I will talk to you about it later when you are less angry'*.

You can use the technique of logical consequence, instead of using physical force. Consequences that are related to the misbehavior, reasonable and given respectfully are called 'logical consequences'. An example of a logical consequence would be to make a child skip her playtime for the day, if she has not finished the work, make her clean the walls if they are scribbled on, etc. Let the child know in advance what the consequence would be.

Whenever you feel that she has not resorted to aggression in a situation where she normally does, praise her, as that can be the most powerful way of reinforcing the positive behavior.

Query 8

Feb 2015	Male	Age 09 to 13	My child has aggressive behavior. He is extra ordinary genius but he always argue with me and some time he is irritating everyone. He haven't any issue regarding studies but he has lots of emotional issues.
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Query by: Parent Response

Children who are generally more intelligent and labeled as 'extraordinarily genius' are also not easily satisfied by simple answers or reasons. The commonly used terms by parents when disciplining children such as, *'You need to do this because I said so'* or *'Just do what I am saying and don't ask'*, does not work at all. When you say that he behaves aggressively, can you shortlist the situations that he behaves aggressively in? By shortlisting and identifying the

situations, you will be able to identify a pattern and reasons for the misbehavior and then address it accordingly. Once you list down the situations, discuss with your spouse and see where you both maybe adding to his aggression by not giving him the space to ask and clarify his confusion and where you feel he is being unreasonable despite having all the information. It is important to stress that If you resort to force or physical punishment then remember that this would need to stop as use of aggression and force makes children believe that its okay to use force when they are angry. It also makes them more stubborn and less resistant to change

Open and clear communication and consistent messages from both you and your spouse would be the key to handling his behavior and teaching him new ways of coping. Letting him know how his behavior affects others and helping him identify other ways of expressing his feelings would be helpful in this regard.

Query 9

Feb 2015	Male	Age 09 to 13	My son studying in Class - IV is hard working student and obedient and also very shy in his class as well as with outsider people and not to share anything with his colleagues, however he is very well with his brothers in home. Since last two years I notice that he is behaving very odd. He does not seem to be paying attention to his work and is not getting very good grades. He seems disturbed and preoccupied. My husband and I have given him a detailed lecture on the importance of his studies. He listens and agrees but we don't see any progress. What can I do to help him and also to take good manner?
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Query by: Parent
Response

Something appears to be bothering your son, which is affecting his work and grades. It would thus be important to address the reasons behind the inability to concentrate and study rather than the studies itself. There could be a number of reasons contributing to this change such as problems with the peers at school, bullying, issues with the teachers, inability to understand a subject, stressors due to problems at home. You mentioned that he is generally shy and that might make it more difficult to for him to openly communicate and share what is bothering him.

Talk to him in an open, calm and friendly manner and share your observations about the changes you have noticed in him. Let him know that he can share anything that bothers him and that you will listen and support him without putting any blame. Once he starts to open up, help him deal with the situation accordingly, by both validating feelings that are normal and by helping him develop positive coping skills. Once the underlying issue bothering him is discussed and resolved, he will most likely be able to get back to concentrating on his studies.

Query 10

Feb 2015	Male	Age 09 to 13	My son is very intelligent and position holder. we have very good atmosphere in home. Nowadayz He makes faces when he concentrate anything like study ,writting,watching TV or playing games squeeze nose very frequently within minute and do some strange thing with his face before this he do continuously scratch his nail of thumb with other finger very consistently so it became horrible now .
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Query by: Parent
Response

Some of the ways to help your son deal with this repetitive behavior and what you term as a strange thing are as follows:

- The more a child concentrates and focuses on the behavior, the worse it gets. Thus let your child think of ways to distract himself and not pay too much attention to it.
- Stress can trigger and worsen this behavior. Thus help your child deal with his stress. If he puts too many expectations on himself, wants things to be perfect, help him remove the pressure he puts on himself. If he delays and leaves his work for the end, help him plan his day so that he is not overwhelmed by too many deadlines.
- Tell him to let the behavior out if there is an urge and not hold them back as it can be counterproductive and worsen it.
- Make sure that your child gets enough sleep and rest at night as tiredness also makes the repetitive behavior worse.

There is a possibility that the repetitive movement and behavior that your son shows may be a 'tic'. Tics are sudden and repetitive in nature which children can find difficult to control. Some common tics include, nose wrinkling, head twitching, eye blinking, lip biting, facial grimacing, kicking, jumping, coughing, throat clearing, grunting, sniffing and hissing etc. While in some children tics go away with time, however in some they may stay for a longer duration. In case you feel that the behavior is not improving despite trying the tips mentioned, or getting worse with time, do consult a medical specialist, a child psychiatrist or psychologist for detailed evaluation and further guidance

Query 11

Feb 2015	Male	Age 06 to 08	My 7 years old son is a student of class 1. Though I take my son to parks during the weekends, but due to the haphazard environment and security issues, I try and keep him home. Consequently, he has developed a great interest in watching cartoon/animated movies (good ones with moral lessons). In addition to this he likes to play video games and we can hardly stop him as he demands after completing his homework. Am I parenting him wrong? Can you advise better options if i'm doing it wrong. Looking forward for your advise, please.
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Query by: Parent
Response

Your concerns about the security situation are understandable and as a parent you are trying to provide the best environment and activities that you can. Video games tend to be very addictive and are a cause of concern among many parents. The fact that most of the video games are violent and normalizes violence among children is also of concern. Think of ways by which you can cut down on the time spent playing video games and watching television and replace it with some board games, indoor physical activities and activities that he can do in the garden outside the house. Switching him from the video games will not be easy at first, but you will have to be consistent and firm and make sure that enough excitement is created with the alternate activities.

Query 12

Feb 2015	Male	Age 09 to 13	Thumb sucking and nail biting
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Query by: Parent
Response

Children suck their thumb and bite their nails due to a number of reasons such as boredom, curiosity, and stress release. There are called nervous habits. From your email it is unclear how frequent and serious the behavior is. Some of the things that you can try are given below. However, if the situation worsens with time and does not improve despite consistently trying these tips for some time, consult a doctor for guidance.

- Try to understand your daughter's anxieties and help her deal with them. Is there a recent change in the family, a move, death, fights in the house, a new class etc.? If, so help her cope with these changes. At times we focus too much on making the child stop the behavior without addressing the underlying anxiety.
- Set some reasonable rules about when and where nail biting and thumb sucking can and cannot happen. Such behaviors are generally at an unconscious level, thus, punishing and constantly reminding the child about them does not help. Too much pressure to stop may actually worsen the habit as it increases the stress.
- Make her aware of the habit and help her think of ways of overcoming it. Chances are that other kids notice it too and make fun of it. Address how this makes her feel and how she can deal with it. She will need a lot of encouragement to do so. You can also keep a secret code between the two of you, to remind her that she is thumb sucking or nail biting as at times, she may not even be aware that she is doing it. This way she will not publicly feel embarrassed about being told to stop the habit.
- Help her think of alternative activities to do whenever she feels the urge to repeat the habit.
- Teach her techniques to calm down and relax, such as taking deep breaths, inhaling from the nose, holding the air inside and exhaling from the mouth; imagining herself in a happy and calm place while focus on the breathing. Engaging her in physical activities could also be useful.

Query 13

Feb 2015	Male	Age 03 to 05	Not taking interest in studies. And eats only junk food happily. And very selective things he eat.
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Query by: Parent

Response:

This is an age to form habits in children which first requires being clear about what habits you want inculcated in your children and then creating an environment where the child can consistently learn to adapt to the new habits. It is also important that all the adults in the family that he lives with also follow what you are trying to teach him; otherwise, he would be getting mixed messages. If you want your child not to eat too much junk food, make sure that junk food is not available at home which will automatically force the child to choose from the healthier options available. He might resist it at first, which can be ignored but when he sees no option out, he will start to follow through. Initially you can start by cutting down on the junk food and limiting it to over the weekends etc. Similarly, when it comes to studies, make sure that it is generally the same time of the day everyday that you make him study. If he is too tired and/or there are too many distractions around, he will not be able to concentrate or want to study.

Remember that being clear and consistent with what you want changed is the key.

Query 14

Feb 2015	Male	Age 03 to 05	My son is of 4 years and he has a habit of throwing "thook" on others. We have tried many things to stop him doing this but all in vain. Please help us.
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Query by: Parent

Response:

It would have been useful if you had mentioned the situations in which your son spits and what you have tried in the past that did not work, so that a more accurate response could have been provided. Children this age are still learning how to communicate their thoughts and feelings especially that of anger and frustration and at times express these through spitting. Hitting to discourage this behavior is of no help and in fact teaches children to express their own anger violently. Similarly making fun of children also does little to discourage the behavior. Talk to your son when is calm and gently yet firmly let him know that this behavior is disrespectful and if he is upset he will have to show it through a way that is not disrespectful. Help him come up with other ways. Let him know that if he spits, you will not be able to communicate with him and will only do so when he calms down. If he spits again, you can walk out of the room or move to another corner of the room and tell him that you will speak when he is calm and ready to talk without spitting. This way you will be discouraging the spitting and he will eventually learn that you will communicate only when he does not spit. You can appreciate him in instances where he does not spit in which he earlier used to.

Query 15

Feb 2015	Male	Age 03 to 05	My son is 5 year old and cries a lot even for after every five minutes for a whole day he has become stubborn kindly suggest what should we do
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Query by: Parent

Response:

It would be important to understand the reason behind his frequent and uncontrollable crying and the triggers for this. For example, it would be important to know if there has been a recent change in your family, a traumatic experience that he has witnessed, stressful life circumstances etc. and if that is not the case, how are his development milestones like? Is he otherwise developing according to age etc. Think through these things as they may help you narrow down the reasons. If you are still unable to pinpoint the reason, consult a child specialist who would be able to examine the child and guide you accordingly.

Query 16

Mar 2015	Male	Age 06 to 08	Fighting with brother
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Query by: Parent

Response:

Thank you for submitting your query. In order for us to guide you better, some more details would be needed. It would be important to know the age of the brother, how occasionally they fight, who starts the fight, what the fights are about and the nature and extent of fights i.e. do they get verbally abusive or physically violent etc.? Children at this age tend to fight for a number of reasons and the better a parent is able to understand the reason, the better he/she would be able to address and deal with it. Explore if the fight happens when the brothers are unable to resolve a conflict or for no apparent reason, if one of the child feels that he is not listened to or respected by the other, any other issue that may be bothering and upsetting the child and which he resolves by picking up a random fight. It may help if you talk to your son about this behavior and help him share his reasons and then help him identify more appropriate ways to address those reasons and feelings.

Query 17

Mar 2015	Male	Age 06 to 08	My son is 7 years old .I notice that he loses his trust in studies, at the time of study he is not attentive. All the time his attention is divert. He is shy and avoid to talk in front of others. his desire to go out side of the house and play with street boys and i don't allow him to go out
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			side of the house. and when some guest at home he behave arrogant and misbehave with kids and some time snatch the things and misbehave with me and kids. Please tell me how do i handle my child? Thanks
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Query by: Parent

Response:

You have mentioned two main issues that are bothering you, your son's inability to pay attention to his studies, and his social interaction.

Some children have more challenges in paying attention to tasks especially studies as compared to others. Make sure that your son does not study in a room with too many distractions such as people talking, television, too many toys around etc. Break his main task into smaller tasks so that he can understand them better and is also not distracted. Let him know what he can do once she finishes his work, which will help as an incentive. You can also assess if he is getting ample sleep, nutrition and is not disturbed by any family issues and stressors. All these things can also affect children's ability to pay attention.

If you feel that the problem keeps happening consistently, and if you get similar complaints from the school, it is suggested that you speak to his teacher and see how you can both help him through a joint strategy, which is followed both at the school and at home. While coming up with the strategy, explore if the challenge of inattention is due to lack of understanding of what has to be written or lack of concentration or both. An understanding of this will help you tackle the issue accordingly. Suggest to the teacher to have your son sit in the front row, so the teacher can bring his attention back to the task; divide his tasks in smaller tasks etc.

His other issue relates to interaction with others especially children where at times he is shy and at other times aggressive. How do you currently deal with this issue? It is important to stress that If you resort to force or physical punishment then remember that this would need to stop as use of aggression and force makes children believe that its okay to use force when they are angry. It also makes them more stubborn and less resistant to change. Communication with him would be the key to understanding the issue and then addressing it accordingly. Explore the underlying reasons for him becoming shy or aggressive in these social situations and then help him sort out those reasons, helping him understand his feelings and the impact of his behavior on others. Once he becomes aware that this is a problem, work with him to develop social skills to deal with these situations in a better way for example, talking assertively and firmly without shouting; calming himself down and waiting for the anger and frustration to come down before he talks etc. Let him identify ways first and then suggest some additional ones. Also let him know that you will only listen to him when he calms down and is not screaming and shouting. If your child argues unnecessarily, diffuse this unnecessary power struggle by remaining silent at that time. You can express how you are feeling through facial expressions and body language, by stepping away from the situation and talking later. For example, you can say to the child, 'I think you are angry and upset and I will talk to you about it later when you are less angry'.

You can use the technique of logical consequence, instead of using physical force. Consequences that are related to the misbehavior, reasonable and given respectfully are called 'logical consequences'. An example of a logical consequence would be to make a child skip his playtime for the day, cut some amount from his pocket money for using abusive language. Discuss and agree to the consequences with your son in advance so that he knows what to expect. Remain consistent with these.

Whenever you feel that he has not resorted to aggression in a situation where he normally does, praise him, as that can be the most powerful way of reinforcing the positive behavior.

Remember that when you try new ways of dealing with these issues and change your existing parenting style, the desired change may not show immediately unless the parenting style is consistently and repeatedly followed. If you notice no substantial improvement in the behavior despite consistently trying the above mentioned strategies, we can then explore if he has an attention and hyperactivity or/and learning issue that needs to be addressed with the help of a mental health professional.

Query 18

Sept 2015	Female	Age 14 to 18	She is very lazy, does not want to do any work , scolds everyone and becomes angry at little things . She says she is bored
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Query by: Unspecified

Response

Thank you for sharing your concerns. How are you currently managing this behavior? It would be important to know how you deal with her so that you can be guided more accurately. If you either completely ignore her behavior or become too aggressive and strict, both these strategies may not be very helpful.

The best way to work through these issues is by talking to her in a calm manner about the changes that you have noticed in her and giving her the space to share her own views, concerns and thoughts about the matter. It is also okay to let her know how her behaviors effects you and your family and help her identify ways by which she can think of other positive alternates to express her thoughts and feelings e.g. she can keep a check on her tone and choice of words when she is communicating a point of view, delay talking when she is very angry and give herself time to cool off before talking, etc.

Providing her the space to talk, validating and normalizing her feelings may in itself help the behavior settle down, especially If she is going through some emotional turmoil, learning to cope with the changes brought about by adolescence, etc.

Remember that during the adolescent age (roughly starting around ten years and above), many children go through a series of normal emotional, physical and social changes. As a result of these changes there is more interest in peers and opposite sex, less interest in spending time with family and adults, frequent arguments and need to exert their own individuality and identity etc. Some of the things that you mention seem to suggest that your daughter is also experiencing similar changes. The adolescent period can be overwhelming for adolescents, especially if they lack correct information about the changes that they are experiencing or/and if they feel that there is no one that they can communicate with.

Check your own expectations regarding how much time she should be giving to her studies and her role in the house chores etc. and make sure that these are realistic. If you feel that they are, then you can also work with her to set some family norms related to a study routine and acceptable behavior with clearly spelt out consequences for not following the norms. Make sure not to dictate these, but to involve her in the process of making these norms.

All the best.

Query 19

Sept 2015	Male	Age 06 to 08	My son is very intelligent but he is much careless about his belongings. He loses his pencils, erasers n such type of minor things on daily basis. His hand writing is becoming v poor day by day, it might be due to load of written work in class. He some time
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			use to bunk class by giving excuse to go out for washroom again n again.
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Query by: Parent

Response:

Some children require more assistance than other children to get organized and pay attention towards daily activities. Keep a check on your own reaction and expectations from your child to make sure that they are age appropriate and realistic. The more you get frustrated or/and set the bar too high for him, the more overwhelmed and anxious your child might feel.

Talk to his teacher to see if she also has similar concerns about his behavior and hand writing. You can then work with her to come up with a joint strategy to help him both at the school and at home.

Help him every evening in organizing his school bag and to make a note of all his belongings. Encourage him to account for all his belongings before leaving school and make it a fun activity for him. You may also request his teacher to remind him about this at school. You might have to repeat the instructions several times till it becomes a habit. Make sure you do it consistently but in a firm and calm manner. Talk to him about his habit of frequently leaving the class and give him an opportunity to share his thoughts to identify ways by which he can lessen the number of times he goes out during the class time. Praise him when he shows improvement, even if it is a minor one.

Query 20

Sept 2015	Female	Age 03 to 05	Aoa.my daughter is three and half years old. She is in k.g class. She hates school and teachers. She studied well at home but she never completed class work and tore the pages.she makes her own stories and tells lie. I have discussed everything with teacher but no difference occurs in her personality.
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Query by: Parent

Response:

Children this age are still learning how to cope with the changes around them as well as learning ways to relate to others and communicate their thoughts and feelings. Starting school can thus be a daunting task for some of the children who may have more issues settling down in the new environment than others. Making up stories is also part of these early years of development.

Some possible ways to deal with the situation are:

- Listen to her fears and concerns related to the school so that these can be addressed accordingly. Do not assume what she does not like without talking to her about it either directly or finding it indirectly through play and stories. The stories that she makes up may also provide you with cues to what might be going on in her mind.
- Make going to school a fun experience and a special activity. Let her choose her bag, decide on what she wants to take for lunch, etc. While your anxiety and stress about this situation is understandable, make sure that when you speak to your daughter you remain calm.
- Help her identify the good things about the school such the students and teachers that she likes as well as the activities that she likes doing the most.
- Make sure that she is not having issues in understanding the concepts being taught which may in turn be contributing to her lack of interest in going to school. Provide her the required support she needs in this regard.
- Address any practical or safety concerns (e.g. bullying) that your daughter has raised, with the concerned school authorities.
- Appreciate and praise her for her efforts no matter how small they may seem to you.

Query 21

Sept 2015	Female	Age 03 to 05	a.oa hope u fine. i h a daughter.wo kuch arasy say boht zadi ho rahi ha .shout kar kay baat karti ha.har wroung thing ko follow kar rahi ha.i dont know what to do.
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Query by: Parent

Response:

Has there been a recent change in the family situation or any other stressor that she may be reacting to? If, not then most likely her reaction is part of the normal child development and challenges associated with developing self-control. This is an age where children begin to understand that everything in life would not be according to their demands and that they will not get whatever they want, whenever they want it. Thus, this can have its toll on them. This, however, does not mean that children are not taught self- control, which is extremely essential for positive and healthy emotional development of children. Children often role model adults and through your own behavior and communication you can also teach her how to put her point across. When she screams and shouts to get a demand met, let her know that you can only communicate when she talks calmly. Once she does calm down, listen to her. She will gradually learn to associate that attention is only paid to her when she talks calmly as opposed to when she shouts. It will also help if you set her daily routine related to sleep, eating, play and studies. Set some clear rules about behavior, time for studies and appreciate her whenever she shows positive behavior. Many times, children this age become cranky if they are hungry, have not had a good night sleep, etc. and by simply addressing these, many of the emotions settle down on its own, without any other intervention.

Query 22

Sept 2015	Female	Age 03 to 05	MashaAllah very active but often disturbs a lot. exhausts himself and others. aggressive and seems to be hypersensitive
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Query by: Parent

Response:

Some children have more challenges than others in remaining calm and not disrupting others. Make sure that your son does not study in a room with too many distractions such as people talking, television, too many toys around etc. Break his main task into smaller tasks so that he can understand them better and is also not distracted. Let him know what he can do once she finishes his work, which will help as an incentive.

If you feel that the problem keeps happening consistently, and if you get similar complaints from the school, it is suggested that you speak to his teacher and see how you can both help him through a joint strategy, which is followed both at the school and at home. Suggest to the teacher to have your son sit in the front row, so the teacher can bring his attention back to the task; divide his tasks in smaller tasks etc.

How do you currently deal with his aggressive behavior? It is important to stress that If you resort to force or physical punishment then this would need to stop as use of aggression and force makes children believe that its okay to use force when they are angry. It also makes them more stubborn and less resistant to change. Communication with him would be the key to understanding the issue and then addressing it accordingly. Explore the underlying reasons for him becoming aggressive and help him understand his feelings and the impact of his behavior on others. Once he becomes aware that this is a problem, work with him to develop social skills to deal with these situations in a better way for example, talking assertively and firmly without shouting; calming himself down and waiting for the anger and frustration to come

down before he talks etc. Let him identify ways first and then suggest some additional ones. Also let him know that you will only listen to him when he calms down and is not screaming and shouting.

Query 23

Sept 2015	Female	Age 03 to 05	MashaAllah very active but often disturbs a lot. exhausts himself and others. aggressive and seems to be hypersensitive
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Query by: Parent

Response:

Some children have more challenges than others in remaining calm and not disrupting others. Make sure that your son does not study in a room with too many distractions such as people talking, television, too many toys around etc. Break his main task into smaller tasks so that he can understand them better and is also not distracted. Let him know what he can do once she finishes his work, which will help as an incentive.

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Query 24

Sept 2015	Female	Age 03 to 05	MashaAllah very active but often disturbs a lot. exhausts himself and others. aggressive and seems to be hypersensitive
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Query by: Parent

Response:

Some children have more challenges than others in remaining calm and not disrupting others. Make sure that your son does not study in a room with too many distractions such as people talking, television, too many toys around etc. Break his main task into smaller tasks so that he can understand them better and is also not distracted. Let him know what he can do once she finishes his work, which will help as an incentive.

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Query 25

Oct 2015	Female	Age 09 to 13	She work hard but behave rudely
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Query by: Unspecified

Response:

We encourage you to provide a bit more information about the kinds of situations she becomes rude in. How do you normally deal with her rude behavior? If you resort to force or physical punishment, then remember that this would need to stop so that you can teach her what you are trying to. Use of aggression and force makes children believe that its okay to use force when they are angry. It also makes them more stubborn and less resistant to change.

Children are at times rude as a result of seeing people around them act rudely or aggressively or being disciplined through physical force or physical punishment. Other than that a lack of any discipline, structure or routine, no clear rules related to behavior etc. can at times confuse children about what is expected of them and thus cause them to be aggressive especially when they are used to getting their own way. Other reasons for children’s rudeness is the result of stressful life situations that they are unable to understand and cope with. These could include death of a loved one, family problems, and difficulty making friends, some form of trauma or abuse being experienced by them etc. Try to identify if your daughter is reacting to some stressful situation. If that is the case, then her reaction would become better once the stressful situation improves or is addressed with her.

If that is not the case, then try identifying situations that she behaves rudely in. Once you have done so, identify which issues are not worth struggling with your child for example, clothes she wants to wear, and which are worth disciplining her, for example, eating her meal on time, TV viewing timings etc. Making a routine and some rules in house, are useful ways to avoid the daily struggles about how much TV the children can watch, when they need to get ready for bed, cleaning up their mess etc.

If your child argues unnecessarily, diffuse this unnecessary power struggle by remaining silent at that time. You can express how you are feeling through facial expressions and body language, by stepping away from the situation and talking later. For example, you can say to the child, ‘I think you are angry and upset and I can only speak to you when your talk to me calmly’.

You can use the technique of logical consequence, instead of using physical force. Consequences that are related to the misbehavior, reasonable and given respectfully are called ‘logical consequences’. An example of a logical consequence would be to make a child skip her playtime for the day, if she has not finished the work, make her clean the walls if they are scribbled on, etc. let the child know in advance what the consequence would be.

Help her understand and see how her behavior may be causing others to react negatively and how she can change her reaction from being aggressive to assertive. The important thing is not to discourage her from sharing her point of view but to do it in a way that is respectful. You and your spouse can keep a check on your own behavior while dealing with conflict situations as children tend to learn most effectively from patterns of communication of the adults around them.

Whenever you feel that she has not resorted to being rude in a situation where she normally is, praise her, as that can be the most powerful way of reinforcing the positive behavior.

Query 25

Oct 2015	Female	Age 03 to 05	Taha has started nail biting from few days
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Query by: Unspecified

Response:

The challenges that the growing years bring can be tough for children who tend to respond to the stress through a number of ways including biting their nails. Children bite their nails due to a number of reasons such as boredom, curiosity, and a need to release stress. These are called nervous habits. From your email it is unclear how frequent and serious the behavior is. If he does not do it frequently or only in response to a certain situation, he might just grow out of these without much intervention. However, if you feel that they frequent, some of the things that you can try are given below:

- Try to understand your son’s anxieties and help him deal with them. Is there a recent change in the family, a move, death, fights in the house, a new class etc.? If, so help him cope with these changes. At times we focus too much on making the child stop the behavior without addressing the underlying anxiety.
- Set some reasonable rules about when and where nail biting can and cannot happen. Such behaviors are generally at an unconscious level, thus, punishing and constantly reminding the child about them does not help. Too much pressure to stop may actually worsen the habit as it increases the stress.
- Make him aware of the habit and help him think of ways of overcoming it. Chances are that other kids notice it too and make fun of it. Address how this makes him feel and how he can deal with it. He will need a lot of encouragement to do so. You can also keep a secret code between the two of you, to remind him that he is nail biting as at times, he may not even be aware that he is doing it. This way he will not publicly feel embarrassed about being told to stop the habit.
- Help him think of alternative activities to do whenever he feels the urge to repeat the habit.
- Teach him techniques to calm down and relax, such as taking deep breaths, inhaling from the nose, holding the air inside and exhaling from the mouth; imagining himself in a happy and calm place while focus on the breathing. Engaging him in physical activities could also be useful.

Query 26

Jan 2016	Male	Age 14 to 18	he is not good in study and always watch movies
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Query by: Parent

Response:

Kindly provide more information about your son’s poor performance in studies in order to understand his situation better and to guide you accordingly. It would be essential to know

about his interest in activities other than studies, and if the problem with studies is a recent occurrence? Additionally have you noticed any other change in his mood and behavior?

If the issue is only related to studies and not any other emotional problem such as issues at home, peer pressure, bullying etc., that might be bothering him, you can work in close coordination with him and his teachers so that he can be best helped to overcome his learning challenges. Encourage him to seek help for subjects he does not understand, help him set a daily study routine, break his work tasks into smaller tasks if he loses his concentration on longer tasks and make sure he is getting enough sleep and exercise. You can also set some consistent family norms related to a study routine, TV watching etc. with clearly spelt out consequences for not following the norms. Make sure not to dictate these, but to involve him in the process of making these norms. Make sure to praise him when he follows the norms and when he tries to put in efforts to improve his study habits. Praise can be the most powerful way of reinforcing positive behavior.

Query 27

Jan 2016	Male	Age 9 to 13	i mother of 13 year old boy .i have 2 children one daughter and one son .my daughter .is very obedient and sensible.but my sdon has totally opposite personality.he is very aggressive ,and disobedient. he is in 7 standard and extra ordinary students. he has command on his studdies but he never complete his note books properly.some time he realize his mistakes and apologies.but after some time he forgot and behave ill mannered ly .he also teasing me .
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Query by: Parent

Response:

How are you currently dealing with your son’s behavior? If you resort to force or physical punishment then remember that this would need to stop so that you can teach him what you are trying to. Use of aggression and force makes children believe that its okay to use force when they are angry. It also makes them more stubborn and less resistant to change.

Children have their own individual differences and have varying needs to explore and question things around them. Some children also have difficulty following rules and daily instructions and thus require much more supervision and constant reminders to follow through tasks.

The best way to work towards solving these challenges is to openly communicate with him in a respectful manner. The communication must not be one sided where you lecture him but should be such which allows him to share his thoughts and identify possible and practical solutions to the challenges being experienced. Let him know how you feel about his behavior, your expectations from him in terms of the tasks to be completed as well as his behavior. Hear out what he has to say about these issues and ask him to identify possible ways of overcoming these. For example, making a list of tasks, assignment he should complete before taking a break for play etc. or listing down home work assignments in his diary in case he has an issue with remembering the home work given. Making a routine and some rules in house, are useful ways to avoid the daily struggles about how much TV the children can watch, when they need to get ready for bed, cleaning up their mess, study time, etc. Make sure these rules are age appropriate and realistic. You can use the technique of ‘logical consequence’, in case some of the most important rules are not followed through. Consequences that are related to the misbehavior, reasonable and given respectfully are called ‘logical consequences’. An example of a logical consequence would be to reduce your son’s playtime, if he has not finished his home work etc. Let your son about the consequences in advance and also involve him in the process of identifying the consequences. The consequences must be communicated respectfully.

If your son argues unnecessarily, diffuse this unnecessary power struggle by remaining silent at that time. You can express how you are feeling through facial expressions and body language, by stepping away from the situation and talking later. For example, you can say to the child, 'I think you are angry and upset and I will talk to you about it later when you are less angry'.

Whenever you feel that he has changed some of his habits and behavior, praise him, as that can be the most powerful way of reinforcing the positive behavior. Try out these things consistently and repeatedly, as the change would not occur right away.

Query 28

Feb 2016	Female	Age 06 to 08	How to stop stealing habits in children?
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Query by: Unspecified

Response:

In ages four years and below, children do not have a clear concept of stealing and may pick up anything that they like. As they reach ages five and six, they become clearer about the concept of stealing. Identifying the underlying reasons why a child steals would be most important in order to guide and support the child. Some children steal because they lack self-control or feel that they might not be caught and thus need to be helped in building control and learning to follow rules. Others may steal if they feel that something is missing in their life such as love, attention, clothes, food items etc. Some may also steal out of peer pressure and some may steal as a reaction to stressful life experiences such as fights between parents, any form of abuse, change in the family or school environment, etc.

Query 29

Feb 2016	Male	Age 03 to 05	my child is very shy and stubborn as well. he always used to wear clothes according to his own choice. he has lack of confidence and i am worried about this how i can change his behavior into positive sense
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Query by: Parent

Response:

Considering the age of your child, the behaviors that you mentioned are a normal part of child development. At this age children are learning to be independent and have a strong desire to do things on their own. Thus allowing children some level of choices is very important. It may help if you pick out two or three outfits you would like him to wear and let him choose from those. The shyness and lack of confidence are also natural at this age and can be improved by providing children with love, appreciation and opportunities to play and explore new things in a safe environment.

Query 30

Feb 2016	Male	Age 09 to 13	My son studying in Class - IV is hard working student and obedient and also very shy in his class as well as with outsider people and not to share anything with his colleagues, however he is very well with his brothers in home. Since last two years I notice that he is behaving very odd. He does not seem to be paying attention to his work and is not getting very good grades. He seems disturbed and preoccupied. My husband and I have given him a detailed lecture on the importance of his studies. He listens and agrees but we don't
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			see any progress. What can I do to help him and also to take good manner?
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Query by: Parent

Response:

The change in your child’s behavior could be brought about by some external stressors and pressures, which may in turn be effecting his studies. You mentioned that he was earlier hard working.

Some of the changes that children react to include changes in the family situation, adjustment in a new class, conflicts in the family, exposure to any form of violence within the family or outside, death or illness of a loved one, an accident, experience of bullying, sexual, emotional and physical abuse, etc. if you are aware of a recent change and think that the child maybe reacting to it, then talking to him about that change, allowing him to express his feelings and helping him develop better coping skills will help his behavior to settle down. Try to understand his fears and concerns related to the change and address them accordingly.

If you are not aware of any obvious change, then finding out the reason would be essential before these can be addressed. Talk to your child when he is alone with you, in a calm and non-threatening manner about the changes you have observed in him. Allow him the space to respond. Some of the statements that might help you start the conversation are:

“I have noticed that you appear preoccupied and disturbed. Children can feel this way when something bothers them. This does not mean that children are bad or weak. I want you to know that no matter how big or small that issue is, you can talk to me about it. Talking about situations that make us feel sad, upset or angry or just talking about our feelings help us become strong. When we talk to a parent, a trusted adult, they can help us deal with it in a healthy manner.”

Make sure that you are not harsh, critical or too anxious when you speak to him as he may shy away from talking openly. He might take a bit of time to open up and in the mean time keep observing his behavior and spend time with him on daily basis.

Once you are clearer about the issues bothering him, you can work towards both addressing that stressful situation and helping him cope with it. If needed, write to us for further support and guidance.

Query 31

Mar 2016	Male	Age 06 to 08	Well my daughter thinks that the work she gets from school is like a burden to her she thinks that maybe we send her to school because we just want her to stick to her studies well I guess not obviously but thing just seem boring to her and time taking as if she about to take her last breath(Allah almighty forbid) while doing it I don't know what's wrong in her but as a father I love my daughter and I really do care about you might think maybe she hasn't got good relations with me or her mother but it's just not that way she loves us and so do we but why does she think studies make her grow old and their some idiotic phase of anyone's life
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Query by: Parent

Response:

Thank you for sharing your concerns. It seems that your daughter feels stressed out by the amount of homework she gets, which appears as a burden. Many children can feel this way due to different reasons and the best way to go about this situation is to talk to her openly.

By listening to her you will be able to understand her core concern and thus address it accordingly. Explore if there is a subject that she is unable to understand or if something at

school or home is bothering her. Acknowledge her feelings and the fact that as she goes in senior classes, the workload may increase. Discuss with her how she can make learning more interesting as opposed to just considering it as a burden. Explore what she would like to do, if she did not have so much homework and help her identify ways of creating time so that she can pursue hobbies and interests. Review her weekly routine and ensure that she has some time every day to play, do non-school related and outdoor activities. All the best and do update us on how it goes.

Query 32

Mar 2016	Male	Age 14 to 18	My child is not very social with other children. Apart from that she is also losing her interest in studies. As a mother I asked her so many times but every time she ignored. Here I also wanted to mention she was a very good student and achieved good grades in her previous classes. pl. guide me in that regard. Thanks
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Query by: Parent

Response:

You will have to keep talking to her in order to understand and help her work through the issues she may be experiencing. Talk to her in a calm manner about your concerns and give her the space to share her own views, concerns and thoughts about the matter.

It would be important to know if she is facing any challenges in grasping the concepts that are being taught or is stressed about anything at home, school, with friends etc. If the lack of interest in studies is due to difficulties in a subject, you can work in close coordination with her and her teachers so that she can be best helped to overcome her learning challenges. Encourage her to seek help for subjects she does not understand, help her set a daily study routine, break her work tasks into smaller tasks if she loses her concentration on longer tasks and make sure she is getting enough sleep and exercise.

You may also want to keep in mind the fact that your daughter is in the adolescent age (roughly starting around ten years and above), where many children go through a series of normal emotional, physical and social changes. As a result of these changes there may be more interest in peers; less interest in studies, spending time with family and adults; frequent arguments and need to exert their own individuality and identity etc. The adolescent period can be overwhelming for adolescents, especially if they lack correct information about the changes that they are experiencing or/and if they feel that there is no one that they can communicate with. It might help if you talk to your daughter in an open and friendly manner about these changes. Make sure to do it in a manner that allows her the space to talk rather than it being a lecture. Validate and normalize her feelings and let her know that she can talk to you if there is something bothering her or if she has any questions related to growing up. By communicating openly, you will be giving her an opportunity to discuss and share with you in case she is bothered about something and going through a difficult time.

Query 33

Mar 2016	Male	Age 9 to 13	The child does his homework only when his father sits with him.
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Query by: Parent

Response:

What is it that the father does which makes him do the homework and what is it that the child says about not doing his homework without the father? Does he do it due to the father's fear

(fear of being scolded or hit) or because the father helps him through the difficulties he has in understanding the task given? Does your child have other learning and disciplining issues?

If the child is only doing the work out of fear then this strategy will not be helpful for him in the long run and whatever is being done to evoke fear would need to be stopped. If it is more of his dependence on the father to teach him, then gradually work towards building his confidence in doing the work on his own and seeking support only for the issues he is unable to grasp. Praise him when he starts making small efforts.

Query 34

Mar 2016	Female	Age 06 to 08	Behave is very rude and irresponsible in those days
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Query by: Unspecified

Response:

There are many reasons for children’s misbehaviour and based on the limited information that you have provided about your child, it would not be possible for us to guide you properly.

It would be important to know if the change in the behaviour is a recent occurrence and what are the situations in which she misbehaves? Children can behave this way if they are undergoing a stressful situation at home or school including being put down, abused, etc.

How do you deal with her behaviour? It is important to stress that If you resort to force or physical punishment then remember that this would need to stop as use of aggression and force makes children believe that its okay to use force when they are angry. It also makes them more stubborn and less resistant to change. Communication with her would be the key to understanding the issue and then addressing it accordingly. Explore the underlying reasons for her rudeness and then help her sort out those reasons, helping her understand her feelings and the impact of her behaviour on others.

Query 35

Mar 2016	Female	Age 09 to 13	He don’t want to obey elders teachers.it seems that he is a victim of self-pity. He is on second no. In his family. Sometimes he tells a lie. He doesn’t want to follow the routines.
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Query by: Unspecified

Response:

How do you normally deal with his behavior? If you resort to force or physical punishment then remember that this would need to stop so that you can teach him what you are trying to. Use of aggression and force makes children believe that its okay to use force when they are angry. It also makes them more stubborn and less resistant to change. Try to also identify if the reason for his disobedience and lying is due to some stress in the house or school, which he is reacting to. If that were the case, then his reaction would become better once the stressful situation improves or is addressed with him.

If that is not the case, then try identifying what are the things on which he struggles with you. Once you have done so, identify which issues are not worth struggling with your child for example, clothes he wants to wear, and which are worth disciplining him, for example, eating his meal, TV viewing timings etc. Making a routine and some rules in house, are useful ways to avoid the daily struggles about how much TV the children can watch, when they need to get ready for bed, cleaning up their mess etc.

If your child argues unnecessarily, diffuse this unnecessary power struggle by remaining silent at that time. You can express how you are feeling through facial expressions and body language, by stepping away from the situation and talking later. For example, you can say to the child, 'I think you are angry and upset and I will talk to you about it later when you are less angry'.

You can use the technique of logical consequence, instead of using physical force. Consequences that are related to the misbehavior, reasonable and given respectfully are called 'logical consequences'. An example of a logical consequence would be to make a child skip his playtime for the day, if he has not finished the work, make him clean the walls if they are scribbled on, etc. let the child know in advance what the consequence would be.

Whenever you feel that he has not resorted to aggression in a situation where he normally does, praise him, as that can be the most powerful way of reinforcing positive behaviors among children.

Query 36

Mar 2016	Female	Age 14 to 18	Don't studying well and naughty
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Query by: Unspecified

Response:

The information provided is unclear and insufficient to provide a response. Since how long is your son not being able to study well. Does it have to do with lack of clarity about subject/s or poor studying habits? Has there been a recent stressful event or change in his life that may be affecting him? It would also be essential to know what you mean by 'naughty' and how you are currently addressing this issue.

Query 37

Apr 2016	Female	Age 09 to 13	My son is totally involved in cricket. He always uses to play cricket in my absence especially during summer holiday. Further more the commercialization of cricket matches I.e. cricket league matches grab much more attention of the kids towards t.v and also effecting their eye side. I am a govt. Officer and my working hours are 09 to 04 p.m. let me oblige with the tips who can I create such passion in studies which he has for cricket.
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Query by: Parent

Response:

Acknowledge his passion for cricket and at the same time discuss your concerns about his studies. It may help if you generally discuss with him his future aspirations and goals. These goals, even if they revolve around cricket can then be connected with the importance of getting education in order to achieve the future goals. This will allow your son an opportunity to look at his studies as a means of learning and reaching his future goals. Give him an opportunity to share about difficulties he may have in a particular subject etc. so that he can be helped with that. Through mutual discussion, come up with a daily timetable that includes ample time for both studies and play. Limit the TV watching time while making this timetable. The points can be jotted down so that it is easy for your son to follow and be reminded of in case he forgets. All the best!

Query 38

Apr 2016	Female	Age 14 to 18	Not taking her studies seriously and her Federal Board is near
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Query by: Unspecified

Response:

You will have to keep talking to her in order to understand and help her work through the issues she may be experiencing. Talk to her in a calm manner about your concerns and give her the space to share her own views, concerns and thoughts about the matter.

It would be important to know if she is facing any challenges in grasping the concepts that are being taught or is stressed about anything at home, school, with friends etc. If the lack of interest in studies is due to difficulties in a subject, you can work in close coordination with her and her teachers so that she can be best helped to overcome her learning challenges. Encourage her to seek help for subjects she does not understand, help her set a daily study routine, break her work tasks into smaller tasks if she loses her concentration on longer tasks and make sure she is getting enough sleep and exercise.

You may also want to keep in mind the fact that your daughter is in the adolescent age (roughly starting around ten years and above), where many children go through a series of normal emotional, physical and social changes. As a result of these changes there may be more interest in peers; less interest in studies, spending time with family and adults; frequent arguments and need to exert their own individuality and identity etc. The adolescent period can be overwhelming for adolescents, especially if they lack correct information about the changes that they are experiencing or/and if they feel that there is no one that they can communicate with. It might help if you talk to your daughter in an open and friendly manner about these changes. Make sure to do it in a manner that allows her the space to talk rather than it being a lecture. Validate and normalize her feelings and let her know that she can talk to you if there is something bothering her or if she has any questions related to growing up. By communicating openly, you will be giving her an opportunity to discuss and share with you in case she is bothered about something and going through a difficult time.

Query 39

Apr 2016	Male	Age 06 to 08	How to stop stealing habits in children?
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Query by: Unspecified

Response:

In ages four years and below, children do not have a clear concept of stealing and may pick up anything that they like. As they reach ages five and six, they become clearer about the concept of stealing. Identifying the underlying reasons why a child steals would be most important in order to guide and support the child. Some children steal because they lack self-control or feel that they might not be caught and thus need to be helped in building control and learning to follow rules. Others may steal if they feel that something is missing in their life such as love, attention, clothes, food items etc. Some may also steal out of peer pressure and some may steal as a reaction to stressful life experiences such as fights between parents, any form of abuse, change in the family or school environment, etc.

Query 40

Apr 2016	Male	Age 09 to 13	having bad language
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Query by: Unspecified

Response:

This may either be her reaction to a stressful situation such as bullying, abuse, parental conflicts, a recent death and illness in the family or behaviour she is picking up from adults on how they deal with their conflicts. Share some more details about which situation she uses it in, who in the family or her surroundings uses bad language and how you are currently addressing the issue? Explore these areas in order to best address the root cause of the problem. Help her think of alternative ways of expressing her views and feelings instead of resorting to the use of abusive language and model similar behaviour as adults when you are faced with a conflicting situation.

Query 42

Apr 2016	Male	Age 14 to 18	Don't studying well and naughty
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Query by: Unspecified

Response:

The information provided is unclear and insufficient to provide a response. Since how long is your son not being able to study well. Does it have to do with lack of clarity about subject/s or poor studying habits? Has there been a recent stressful event or change in his life that may be affecting him? It would also be essential to know what you mean by 'naughty' and how you are currently addressing this issue.

Query 43

Apr 2016	Male	Age 06 to 08	Misbehave at home & don't respect elders.
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Query by: Parent

Response:

We encourage you to provide a bit more information about the kinds of situations she misbehaves in. How do you normally deal with her rude behavior? If you resort to force or physical punishment then remember that this would need to stop so that you can teach her what you are trying to. Use of aggression and force makes children believe that its okay to use force when they are angry. It also makes them more stubborn and less resistant to change.

Remember that she is young and at this stage children do have challenges in managing and controlling their emotions. Your support, understanding and praise will help her more than your scolding, beating or putting her down.

Children are at times rude as a result of seeing people around them act rudely or aggressively or being disciplined through physical force or physical punishment. Other than that a lack of any discipline, structure or routine, no clear rules related to behavior etc. can at times confuse children about what is expected of them and thus cause them to be aggressive especially when they are used to getting their own way. Other reasons for children's rudeness is the result of stressful life situations that they are unable to understand and cope with. These could include death of a loved one, family problems, and difficulty making friends, some form of trauma or abuse being experienced by them etc. Try to identify if your daughter is reacting to some stressful situation. If that is the case, then her reaction would become better once the stressful situation improves or is addressed with her.

If that is not the case, then try identifying situations that she misbehaves rudely in. Once you have done so, identify which issues are not worth struggling with your child for example, clothes she wants to wear, and which are worth disciplining her, for example, eating her meal on time,

TV viewing timings etc. Making a routine and some rules in house, are useful ways to avoid the daily struggles about how much TV the children can watch, when they need to get ready for bed, cleaning up their mess etc.

If your child argues unnecessarily, diffuse this unnecessary power struggle by remaining silent at that time. You can express how you are feeling through facial expressions and body language, by stepping away from the situation and talking later. For example, you can say to the child, 'I think you are angry and upset and I can only speak to you when your talk to me calmly'.

Help her understand and see how her behavior may be causing others to react negatively and how she can change her reaction from being aggressive to assertive. The important thing is not to discourage her from sharing her point of view but to do it in a way that is respectful. You and your spouse can keep a check on your own behavior while dealing with conflict situations as children tend to learn most effectively from patterns of communication of the adults around them.

Whenever you feel that she has not resorted to being rude in a situation where she normally is, praise her, as that can be the most powerful way of reinforcing the positive behaviour.

Query 44

Apr 2016	Male	Age 09 to 13	shows unnecessary anger
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Query by: Parent

Response:

Since how long has your son been acting this way? How are you currently addressing this issue? Are you resorting to physical punishment and hitting to deal with the issue or generally to discipline him? If so, then this behavior would need to stop as hitting does not teach children anything about managing their own anger and frustration and in fact makes them angrier. Do explore if there is some other stressor that is bothering him such as a growing up changes, family issue, problem with a friend or at school etc. that might be making him feel this way. If so, the issue would need to be addressed and the feelings will gradually settle.

Query 45

May 2016	Male	Age 14 to 18	My child have no interest in study, when I ask some work for doing he refuse to do that one and if I ask some work not to do, he do that work, he quarrel with mother, brother and sisters and bet them. He have no interest in study, pray and receipt of Quran.
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Query by: Parent

Response:

Thank you for sharing your concerns. How are you currently managing this behavior? It would be important to know how you deal with him so that you can be guided more accurately. If you either completely ignore his behavior or become too aggressive and strict, both these strategies may not be very helpful.

The best way to work through these issues is by talking to him in a calm manner about the behaviors that you have noticed in him and giving him the space to share his own views, concerns and thoughts about the matter. Let him know how his behaviors effects you and your family and help him identify ways by which he can think of other positive alternatives to express his thoughts and feelings e.g. he can keep a check on his tone and choice of words when he

is communicating a point of view, delay talking when he is very angry and give himself time to cool off before talking, etc.

Providing him the space to talk, validating and normalizing his feelings may in itself help the behavior settle down, especially if he is going through some emotional turmoil, learning to cope with the changes brought about by adolescence, etc.

Remember that during the adolescent age (roughly starting around ten years and above), many children go through a series of normal emotional, physical and social changes. As a result of these changes there is more interest in peers and opposite sex, less interest in spending time with family and adults, frequent arguments and need to exert their own individuality and identity etc. Some of the things that you mention seem to suggest that your son is also experiencing similar changes. The adolescent period can be overwhelming for adolescents, especially if they lack correct information about the changes that they are experiencing or/and if they feel that there is no one that they can communicate with.

Check your own expectations regarding how much time he should be giving to his studies and his role in the house chores etc. and make sure that these are realistic. If you feel that they are, then you can also work with him to set some family norms related to a study routine and acceptable behavior with clearly spelt out consequences for not following the norms. Make sure not to dictate these, but to involve him in the process of making these norms.

All the best!

Query 46

May 2016	Female	Age 9 to 13	She is very intelligent and brilliant in studies but she always shouted with me how I handle her she always don't understand what I m saying she don't listen the no word kindly help me
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Query by: Unspecified

Response:

How do you deal with her behavior? It is important to stress that if you resort to shouting, force or physical punishment then this would need to stop as use of aggression and force makes children believe that its okay to shout or use force when they are angry. It also makes them more stubborn and less resistant to change.

You would need to communicate with her about your concerns. Do it at a time when you are feeling calm and you both are not entangled in an argument. If it helps write down some of the key points you would like to address with her. Before you speak to her, analyze the following:

- Does she shout every time you speak/ or on every issue or are there certain issues she ends up shouting at?
- Are the issues related to household rules and norms? Are the norms simply dictated or is she given the option to question or discuss these with you?
- Does she have the same behavior when your spouse speaks to her and what is it that he/she does differently?
- Is this a reaction to something bothering her?

Once you analyze these you will be able to see where you are expecting too much and where your daughter is being unreasonable. Talk to her in a calm yet assertive manner about the effect her behavior has on you. Listen to her reasons for doing so and agree on setting a rule of discussing difficult issues openly without anyone resorting to shouting. Communicate your basic expectations from her once you have figured out which ones are reasonable and age appropriate.

Query 47

May 2016	Male	Age 06 to 08	The child has strange habits he scream and speaks very loud he gave his remaining lunch to others forcefully and want to stay with his friend only but beats him also
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Query by: Unspecified

Response:

Has there been a recent change in the family situation or any other stressor that he may be reacting to? If, not then most likely he is having difficulty in communicating his thoughts and feelings in healthier ways and ends up shouting or hitting to communicate his point across. Almost all children struggle with self-control in the early years and some may continue experience these challenges even when they are at an age that your child is at. Trying to reconcile with the fact that everything in life would not be according to their demands and that they will not get whatever they want, whenever they want it, can take its toll on children. This, however, does not mean that children are not taught self- control, which is extremely essential for positive and healthy emotional development of children. Children often role model adults and through your own behavior and communication you can also teach him how to put his point across. When he screams and shouts to get a demand met, let him know that you can only communicate when he talks calmly. Once he does calm down, listen to him. He will gradually learn to associate that attention is only paid to him when he talks calmly as opposed to when he shouts. It will also help if you set his daily routine related to sleep, eating, play and studies. Praise his good habits but let him know how hitting other children effect his relationship with them. Help him identify reasons why he ends up hitting and shouting and get him to work on alternatives, such as asking the children, saying no calmly, etc. Set some clear rules about behavior, time for studies and appreciate him whenever he shows positive behavior.

Query 48

May 2016	Male	Age 03 to 05	mera larka zahanat kay muqbalay me to bohat achha / zabardast hy lekin apni marzi hogi to sunnay ga aur bat bhi kary ga warna suni un suni kar dega mehrbani farma k koi mashwara dain.
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Query by: Parent

Response:

He is still very young and at a stage where children are learning new things such as self-control and managing and dealing with emotions. Thus, what you have stated could simply be a part of the normal growing up challenges. What kind of issues does he not listen to? Does he not listen to things at a certain time of the day, for example if he is very tired, hungry and sleepy? Exploring these areas will help you understand the underlying reason, which you can then address accordingly.

Try to maintain a regular routine for play, sleep, eating etc. and he will automatically get adjusted to the fact that there are certain things that he needs to do every day at a given time. Encourage positive behavior by using praise and help him deal with the day-to-day challenges and express himself better.

Query 49

May 2016	Female	Age 06 to 08	My child cant play with her friends as she cant share cant tolerate anything.today i saw she was just shouting crying and pulling her hair after having fight with frnds.i am just fed up now.she doesnt understand with love or anger.i am feeling just helpless.she loves attention infact extra attention.
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Query by: Parent

Response:

Has there been a recent change in the family situation or any other stressor that she may be reacting to? If, not then most likely she is having difficulty in communicating her thoughts and feelings in other healthier ways and ends up shouting or hitting or harming herself to communicate her point across. Almost all children struggle with self-control in the early years and some may continue experiencing these challenges even when they are at an age that your child is at. Trying to reconcile with the fact that everything in life would not be according to their demands and that they will not get whatever they want, whenever they want it, can take its toll on children. This, however, does not mean that children are not taught self- control, which is extremely essential for positive and healthy emotional development of children. Children often role model adults and through your own behavior and communication you can also teach her how to put her point across. When she screams and shouts to get a demand met, let her know that you can only communicate when she talks calmly. Once she does calm down, listen to her. She will gradually learn to associate that attention is only paid to her when she talks calmly as opposed to when she shouts. It will also help if you set her daily routine related to sleep, eating, play and studies. Praise her good habits but let her know how hitting other children effect her relationship with them. Help her identify reasons why she ends up hitting and shouting and get her to work on alternatives, such as asking the children, saying No calmly, etc. Set some clear rules about behavior, time for studies and appreciate her whenever she shows positive behavior. Remember that the behavior may not change immediately and its important that you continue practicing these techniques consistently and repeatedly to see the change.

Query 50

May 2016	Female	Age 6 to 8	My son is so naughty and creates problems in class due to which the teacher is so annoyed. Please suggest ways through which problem can be overcome. Thanks
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Query by: Parent

Response:

The information provided is insufficient to provide a response. What do you mean by him being naughty? Does he not follow class instructions? Tease other children? etc. How are you and the teacher currently dealing with this behavior?

Query 51, 52, 53

May 2016	Female	Age 06 to 08	My child is not doing Home Work time.
May 2016	Male	Age 14 to 18	My Son always give me lame excuses.
May 2016	Male	Age 14 to 18	my question is how to improve our over confidence for the stage competitions. ?

Query by: Parent

Response:

The information provided is insufficient to provide you with an appropriate response. Kindly elaborate on the behavior and other behavioral issues associated with it, if any.