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## Child Behaviour – Dealing With Positivity!

By **Alfred J. James**

Bad behaviour is often an effective way to attract attention of parents. The conflicting time will

probably start at the stage during her third year: tears and tantrums often go hand in hand with being two years old.

Phrasing limits in a positive way focuses on what to do, rather than what not to do. When parents and caregivers offer these positive statements, they reinforce for children what is appropriate, serve as desirable models of communication for children to imitate, and decrease the likelihood for children to respond with defensiveness or resistance.

When children understand the reasons or rationale for limits, they are more likely to comply and abide by them. Furthermore, teaching children the "why" of a limit helps them internalize and learn the rules of social living. For example: "The sand stays down low so that it doesn't get into people's eyes." "When you put the toys back on the shelf, people can find them easily when they want them."

The golden rule to dealing with bad behaviour is act quickly. You should step in right way and remove the source of trouble – take away the toy that's being fought over, or pick up your child and remove him/her with a firm NO. At the same time distract your baby's attention with some other activity or toy. You just have to be consistent and not angry, so that your child gets a clear message that he/she is never allowed to behave in that way.

Bad behaviours are punished but you should also reward your babies for good behaviour. The best reward is your time, attention and love. Praise, a cuddle, a story on your lap, admiring words all these make your child feel good and special.

It is very likely, that your child gets most attention when he/she behaves badly and least when he/she behaves nicely. You should appreciate your child for the behaviour you want, this will encourage him/her to behave properly. By appreciating his/her nice behaviour you will be giving your child a good and useful lesson.

How to foster good Child Behaviour at

<http://ChildrenBehaviour.eask.info>

## **Does Genes Influence Child Behaviour?**

**By Melvin H.Gill**

Many different things have an impact on a child's behaviour.

**Genes** Some children are naturally more lively and excitable than others. They may be easily distracted and enjoy company rather than spending time on their own. Although boisterous, you'll usually be able to control their behaviour.

**School** You may notice a change in your child's behaviour when she starts school. If your child has problems learning things or is slower in picking things up, this can affect her behaviour. Reading problems can also make it hard to complete tasks or follow instructions.

**Parental behaviour** Problems are a part of everyday life, but if you are unhappy and absorbed in dealing with them, it will affect the time you spend with your child. To counter this, your child may try to attract attention through noisy behaviour.

If it isn't clear to your child what is and isn't allowed, it can result in difficult behaviour. This is because rules let your child know you don't like a certain type of conduct.

Clear, consistent rules will help your child learn to control her own behaviour. So if you're a two-parent family, you and your partner need to agree on the boundaries.

If you're a working parent, it's also something that needs discussing with your child's carers. Sensitivity to food or medicine.

There's no doubt food can affect the way we feel. You may notice certain foods affect your child's behaviour. If you're concerned about your child's diet, you should ask your GP or a dietician for advice. All children need a healthy balanced diet. Medicines can also affect the behaviour of some children.

Some asthma medications may sometimes make a child hyperactive, irritable or unable to sleep for a short time. Travel sickness medicines and antihistamines have the potential to make children either drowsy or overactive. Children may feel irritable following vaccines or if a medicine has caused a headache. If you think any medicine is making your child behave differently, talk to your GP. It may be that your child's behaviour is unrelated to the medicine, but if it is, your GP may be able to suggest an

alternative treatment.

Medical problems Certain medical conditions can affect your child's behaviour. Epileptic seizures can cause a child to become drowsy, impairing their attention. Epilepsy can also cause unusual behaviour and lead to abnormal perceptions.

Hearing problems such as deafness or glue ear can make it hard for a child to follow instructions. Sometimes, not hearing what's been said can be mistaken for not doing what you're told.

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