

HOW TO STOP YOUR CHILD WHINGING In 3 steps



WHY DO KIDS WHINE?

When your kids whine and moan, they get a big chunk of your attention.

Kids don't whine to irritate us on purpose—they whine because they haven't learned any different, more positive way to ask for your attention.

Let's face it, nowadays parents lead busy lives and there are about a million things competing for our time and attention. But when kids aren't getting as much positive attention as they need from us, they'll experiment with different ways to get our attention and whining is one of them.

And of course, when kids whine, we typically respond with a correction or a reprimand — not exactly the positive attention they were looking for – but it worked to get our attention.

The truth is, children only continue behaviors that work for them.

When kids whine and parents give in, kids realize that whining gets them what they want—the attention they crave and maybe even that chocolate in the supermarket.

But giving in to demands—like one more cookie or few more minutes of TV—isn't the only way we reward our kids' whining. Just responding, even if it's to reprimand them, gives a child payoff. Picking up the child or responding with an annoyed remark ("Enough! Stop whining!") still gives the child attention—even though it wasn't the positive attention she really wanted—and now she'll be more likely to whine again and again to get the same result.



1.

Stick to your NOs

If you say no- stick to it. Doesn't matter if you are in a shop, dinner party or at home, if your kids learn that no means no, they will stop trying. Remember that the reason they do it is because it works for them!

2. Don't give negative attention

Explain to your kids that you will not respond to the whiny voice. Do it not when it happens but chose time when you are both free and relaxed. Explain your rules, practice whiny and normal voice and set the rules very clearly.

I always want to know what you feel and what you need, but I cannot understand you when you whine, so please make sure when you talk to me yo are using your proper voice.





3. Give positive attention daily

Children are more likely to cooperate if they feel the connection to you and they get their attention bucket filled. To achieve that it would be best if you could spend 10 minutes each day of one to one time with no interruptions, phone calls or emails, just the two of you connecting.

Changing behavior patterns takes time but with consistency and sticking to your rules as well as being staying calm and positive, you can achieve what you want.

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