



## Managing Child Behavior: Strategies for Parents to Promote Positive Development and Create a Happy Home Environment

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### Abstract

Child behavior is a topic that is of great concern to parents, educators, and health professionals alike. A child's behavior can have a significant impact on their own development, as well as the well-being of those around them. For parents, in particular, managing a child's behavior can be a challenging and sometimes overwhelming task. There are many factors that can influence a child's behavior, including genetics, temperament, environment, and life experiences. Children who have experienced trauma or adverse childhood experiences may be more likely to exhibit challenging behavior, such as aggression, oppositionality, or emotional dysregulation. Likewise, children who are exposed to violence or substance abuse may be more likely to engage in risky behavior or develop mental health problems. Managing a child's behavior requires a proactive and multi-faceted approach that involves setting clear expectations, using positive reinforcement, providing structure and routine, offering choices, modeling appropriate behavior, and helping children manage their emotions. Parents may also need to seek professional help, such as consulting with a pediatrician, therapist, or behavioral specialist, to develop a plan for managing their child's behavior. When a child's behavior is well-managed, it can have positive benefits for their development and relationships. Children who learn to regulate their emotions, communicate effectively, and behave appropriately are more likely to form healthy relationships, succeed academically, and have positive self-esteem. For parents, managing a child's behavior can also lead to a more harmonious and happy home environment, which can improve their own well-being and quality of life.

**Keywords:** Corona Virus; Parents; Adolescent; Environment

### Introduction

Child behavior is a complex topic that is influenced by various factors such as genetics, environment, and socialization. It is important for parents and caregivers to understand the different types of behavior and how to respond to them appropriately.

### Types of Child Behavior

There are many different types of child behavior, each with its own unique characteristics. Some of the most common types of behavior include:

**Aggressive Behavior:** This type of behavior involves physical or verbal aggression towards others, such as hitting, biting, or shouting.

**Withdrawn Behavior:** This type of behavior involves avoiding social situations and keeping to oneself.

**Oppositional Behavior:** This type of behavior involves a child's refusal to comply with rules or requests, and may include temper tantrums, arguing, and defiance.

**Hyperactive Behavior:** This type of behavior involves excessive activity, impulsivity, and difficulty sitting still or concentrating.

**Anxiety-Related Behavior:** This type of behavior involves excessive worry, fear, and anxiety about certain situations or events.

**Disruptive Behavior:** This type of behavior involves disrupting the classroom or home environment, such as talking out of turn, interrupting others, and being disruptive during class.

### Responding to Child Behavior

It is important for parents and caregivers to respond to child behavior in an appropriate and effective manner. Here are some tips for responding to different types of behavior:

**Aggressive Behavior:** If a child exhibits aggressive behavior, it is important to intervene immediately and calmly. Remove the child from the situation and provide them with appropriate consequences, such as time-outs or loss of privileges. It is also important to model appropriate behavior and teach the child how to express their emotions in a non-aggressive way.

**Withdrawn Behavior:** If a child exhibits withdrawn behavior, it is important to offer support and encouragement. Encourage the child to participate in social activities and provide positive reinforcement for their efforts.

**Oppositional Behavior:** If a child exhibits oppositional behavior, it is important to establish clear rules and consequences. Stay calm and consistent in enforcing these rules, and offer positive reinforcement for compliant behavior.

**Hyperactive Behavior:** If a child exhibits hyperactive behavior, it is important to provide them with plenty of opportunities for physical activity and structured routines. Offer positive reinforcement for compliant behavior and provide clear rules and consequences.

**Anxiety-Related Behavior:** If a child exhibits anxiety-related behavior, it is important to offer support and reassurance. Encourage

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the child to express their feelings and provide them with strategies for coping with anxiety, such as deep breathing or visualization.

**Disruptive Behavior:** If a child exhibits disruptive behavior, it is important to establish clear rules and consequences. Stay calm and consistent in enforcing these rules, and provide positive reinforcement for compliant behavior [1-3].

## Discussion

Child behavior is a complex topic that requires a thoughtful and compassionate approach. It is important for parents and caregivers to understand the different types of behavior and how to respond to them appropriately. By providing consistent support and positive reinforcement, parents and caregivers can help children develop positive behavior patterns and grow into healthy and happy adults.

Child behavior can have a significant impact on parents, both emotionally and physically. Here are some ways in which a child's behavior can affect their parents:

**Emotional Stress:** When a child exhibits challenging behavior, such as aggression or oppositionality, parents may experience emotional stress. They may feel frustrated, angry, or helpless when trying to manage their child's behavior, which can lead to feelings of anxiety and depression.

**Relationship Strain:** A child's behavior can also strain the relationship between parents, as they may disagree on how to manage the child's behavior. This can lead to conflicts and arguments, which can further exacerbate the emotional stress that parents experience.

**Physical Health:** When parents are stressed or anxious, it can have a negative impact on their physical health. They may experience symptoms such as headaches, fatigue, and muscle tension, which can interfere with their ability to care for their child.

**Social Isolation:** Parents of children with challenging behavior may also experience social isolation, as they may avoid social situations due to embarrassment or fear of judgment. This can further exacerbate feelings of stress and anxiety [4].

**Financial Strain:** If a child's behavior requires professional intervention, such as therapy or medication, it can also result in financial strain for the family. This can add to the stress and anxiety that parents experience, particularly if they are already struggling to make ends meet.

In summary, child behavior can have a significant impact on parents, both emotionally and physically. It is important for parents to seek support and resources to help them manage their child's behavior and cope with the associated stress and anxiety. This may include seeking professional help, connecting with support groups, or accessing educational resources to learn more about effective parenting strategies. By taking care of themselves and seeking help when needed, parents can better support their child and promote positive behavior patterns.

Keeping a child's behavior under control can be a challenge for parents, but there are several strategies that can help. Here are some tips for keeping a child's behavior in check:

**Set Clear Expectations:** It is important to set clear expectations for a child's behavior and communicate these expectations clearly. This may include establishing rules for behavior at home and in public, and explaining the consequences for breaking these rules.

**Use Positive Reinforcement:** Using positive reinforcement can be an effective way to encourage positive behavior in a child. This may include offering praise, rewards, or privileges for compliant behavior, which can help motivate the child to continue behaving well [5].

**Provide Structure:** Children thrive on structure and routine, so it is important to provide a consistent schedule for meals, sleep, and activities. This can help prevent disruptive behavior and provide a sense of security for the child.

**Offer Choices:** Offering choices can give children a sense of control over their environment, which can help prevent oppositional behavior. For example, allowing a child to choose between two outfits in the morning can give them a sense of autonomy and prevent a power struggle.

**Model Appropriate Behavior:** Children learn by watching the behavior of adults around them, so it is important to model appropriate behavior. This may include managing one's own emotions, communicating effectively, and treating others with respect and kindness.

**Manage Emotions:** Children may act out when they are feeling overwhelmed or upset, so it is important to help them manage their emotions. This may include teaching them coping strategies such as deep breathing or mindfulness, and providing a safe space for them to express their feelings [6].

**Seek Professional Help:** If a child's behavior is persistent or severe, it may be necessary to seek professional help. This may include consulting with a pediatrician, therapist, or behavioral specialist to develop a plan for managing the child's behavior. In summary, keeping a child's behavior under control requires a multifaceted approach that involves setting clear expectations, using positive reinforcement, providing structure, offering choices, modeling appropriate behavior, managing emotions, and seeking professional help when needed. By taking a proactive approach to managing a child's behavior, parents can promote positive behavior patterns and create a harmonious and happy home environment.

In this article, we will explore strategies for managing a child's behavior, including setting expectations, using positive reinforcement, providing structure, offering choices, modeling appropriate behavior, managing emotions, and seeking professional help. By understanding the factors that influence a child's behavior and developing effective strategies for managing it, parents can promote positive behavior patterns and create a happy and healthy home environment for themselves and their children [7, 8].

## Conclusion

This article discusses the topic of child behavior and how it can affect parents. Managing a child's behavior is a complex task that requires a multifaceted approach. Factors that influence a child's behavior include genetics, environment, and life experiences, among others. Setting clear expectations, using positive reinforcement, providing structure, offering choices, modeling appropriate behavior, managing emotions, and seeking professional help are effective strategies for managing a child's behavior. When a child's behavior is well-managed, it can have positive benefits for their development and relationships. Parents can create a happy and healthy home environment by understanding the factors that influence a child's behavior and developing effective strategies for managing it. Child behavior, parents, managing, expectations, positive reinforcement, structure, choices, modeling

behavior, emotions, professional help, development, relationships, home environment, strategies [9].

In conclusion, managing a child's behavior is a crucial task for parents that require a proactive and multi-faceted approach. Understanding the factors that influence a child's behavior and developing effective strategies for managing it can promote positive behavior patterns, healthy relationships, and successful development. By setting clear expectations, using positive reinforcement, providing structure and routine, offering choices, modeling appropriate behavior, managing emotions, and seeking professional help when needed, parents can create a harmonious and happy home environment for themselves and their children. With consistent effort and dedication, parents can help their children grow into well-adjusted and emotionally resilient individuals, capable of managing their behavior and navigating the challenges of life with confidence and grace [10].

### **Acknowledgement**

None

### **Conflict of Interest**

None

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