

Debunking 3 MYTHS About “Bad” Behavior

MYTH #1 - My child is acting out on purpose to anger me and is hard-wired to be oppositional.

TRUTH: Your child wants to be “good”

- Kids are wired with the potential for empathy, kindness, and to learn from their experiences and to get along.
- They are not doing things to anger you on purpose.

MYTH #2 - My child is defiant, has an attitude problem, and is disrespectful.

TRUTH: Difficult behavior is just the “tip of the iceberg”

- The actions we see are the reaction to a mix of underlying emotions.
- We have to respond to the underlying cause, not the action.

MYTH #3 - My child is overly emotional and dramatic.

TRUTH: Big emotions are like storms

- Indicate when your child needs guidance.
- Kids act out irrationally & intensely because you are a safe person/space to work out their emotions.
- Emotions are OK. They don't need to be fixed, they are not scary or forever.

Positive Affirmations

Say this out loud, write it down, or think about these positive affirmations to help you stay calm while your child is acting out.

1. “My child wants to be good.”
2. “My child’s actions are a reflection of how he/she feels in *this* moment.”
3. “My child needs my guidance.”