



Causes of Misbehavior

- Children inherit behavioral and emotional characteristics · Children inherit temperament
- Accidental rewards for misbehavior
- Escalation traps
- Ignoring desirable behavior
- Watching others
- Giving instructions
 - too many
 - too few
 - too hard
 - poorly timed
 - too vague
 - body language
 - interrupt child's activity
 - sudden, not routine
- Parents' beliefs and expectations
 - "it's just a phase"
 - "he's doing it on purpose, just to annoy me"
 - "it's all my fault she is the way she is"
- Emotional messages
- Ineffective use of consequences
 - threatened but not carried out
 - inconsistent
 - given in anger/too harsh
 - overreacting because tolerating misbehavior too long
 - Peers and friends
- School
- Media and technology
- Parent relationship
- Parent emotions
- Stress and problems of self-regulation

