A Parent’s Guide on

WHAT TO EXPECT
AND WHAT TO DO

About Your Child’s Behavior

Lies?
Is angry?
Is Defiant?

A how-to booklet for parents of children ages 3 - 12.
Kids learn things slowly, but will get better with practice. Find what works for your kids and stick with it. Remember to laugh and play with your child. Your family will grow together.

Parenting can be hard at times, so remember there is always help. If you need assistance, check out www.preventchildabuse.com.
**What to Expect**

**Lying**
A child’s view of lying is limited. They don’t think about what will happen or what parents know. They may only think nobody saw me so nobody knows.

The child may not understand lying is wrong.

**Anger**
The child may only be aware of their own feelings or needs.

The child is just learning how to show feelings and ways to handle them.

**Defiance**
The child can’t follow several directions at once.

It is hard for a child to do more than one or two tasks at a time.

The child is beginning to do things for themselves.

The child is exploring their abilities and boundaries.

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**What to Do**

**Lying**
Explain what lying is and your expectations.

Give the child immediate praise when they tell the truth.

Be patient.

**Anger**
Reward the child when they behave in a calm manner.

Allow your child to have choices and get their way if it makes sense.

If you spank, your child may think you are hitting because you are angry.

It is best to punish at the time of the child’s actions.

**Defiance**
Be clear and simple with all of your directions.

Give one direction at a time and keep it consistent.

Thank your child for listening.
**WHAT TO EXPECT**

**Lying**
The child is just learning that lying might affect others.

Children can be confused when they see grown-ups lie.

**Anger**
The child is just learning to be patient.

The child may have trouble waiting for things.

**Defiance**
The child likes and wants more independence.

Children like to be busy. They may need help finding activities.

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**WHAT TO DO**

**Lying**
Explain to your child that lying really hurts and puts people at risk.

Don’t take it personally and don’t get too angry.

Hold your child responsible for the lie, but don’t make them feel like a “Bad Kid.”

**Anger**
Do not reward poor actions.

Don’t “give in” to get quick results.

Talk about what makes them angry and what to do about it.

**Defiance**
Give your child attention and rewards when they do what you ask.

Help your child find fun activities.

Give clear and short directions that are linked to consequences.
### What to Expect

**Lying**
The child may think, “Lying doesn’t hurt anyone.”
The child may lie to “stay out of trouble.”

**Anger**
The child still does not have complete control of emotions.
The child may be acting angry to get their own way.
The child may be confused about what they feel and it looks like anger.

**Defiance**
The child wants to do things that older people are doing.
The child is trying to fit in with friends.
The child may think they know best.

### What to Do

**Lying**
Tell your child that you are proud of them when they are honest.
It is important to give your child praise right after they tell the truth.
Lead by example and be honest with your child.

**Anger**
Your child learns by watching. Show them good anger control.
Let your child calm down before reasoning with them.
Remember it is okay to be angry. But, let your child know that some angry behaviors are not good.

**Defiance**
Let your child have some independence.
Your child still needs rules.
Your child is still growing and learning.
- Be patient.
- Be consistent.
- It will work!
The National Exchange Club (NEC) is America’s Premier Service Club, working to make our communities better places to live. NEC supports a network of Child Abuse Prevention (CAP) Centers across the country. The Exchange CAP Centers provide support, information, encouragement and concern to parents.

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