Consequences help teach our children responsibility for what they do. They also allow discipline that is controlled. This is more effective than hitting or shouting.

Redirect
- Catch bad behavior early and redirect your kids’ attention from a bad to a good behavior.
- Stop it before it starts! When they start to get restless, you can distract with something interesting or fun: “Come, let’s play a game together.”

Take a Pause
- Feel like screaming? Give yourself a 10-second pause. Breathe in and out slowly five times. Then try to respond in a calmer way.
- Millions of parents say this helps - A LOT.

Use consequences
- Consequences help teach our children responsibility for what they do. They also allow discipline that is controlled. This is more effective than hitting or shouting.

Keep using Tips 1-3
- One-on-One time, praise for being good, and consistent routines will reduce bad behavior.
- Give your children and teens simple jobs with responsibilities. Just make sure it is something they are able to do. And praise them when they do it!

For more information click below links:
- Parenting tips from WHO
- Parenting tips from UNICEF
- In worldwide languages
- EVIDENCE-BASE