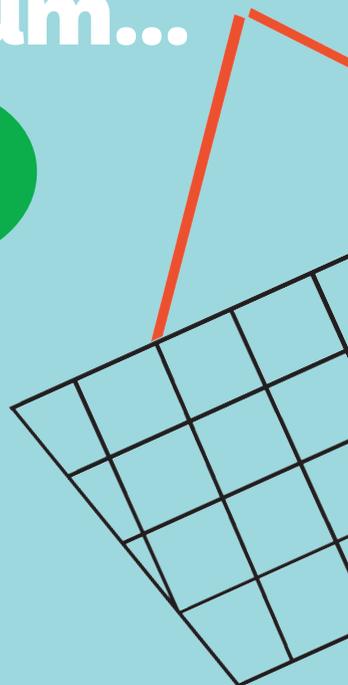


**NSPCC**  
CYMRU | WALES

**When they smash the  
world record for the  
longest supermarket  
temper tantrum...**

**Take 5**



**Stop. Breathe. React calmly**

MAE POB PLENTYNDOD WERTH BRWYDRO DROSTO  
EVERY CHILDHOOD IS WORTH FIGHTING FOR

**Being a parent can be wonderful and rewarding but also exhausting and challenging.**

**From screaming in the supermarket to a meltdown at mealtime, children's behaviour can be unpredictable and sometimes difficult to manage.**

**If this leaves you feeling frustrated and angry, that's completely natural. But reacting angrily is never OK.**

**If you're feeling at the end of your tether, Take 5.**

**Just follow these simple steps: Stop. Breathe. React calmly.**

### **Why do children misbehave?**

All children misbehave at times. It's a normal part of learning rules and exploring boundaries. And sometimes they simply don't know what's good or bad behaviour.

Your child will respond to how you react and this can influence future behaviour. So try to react calmly. Getting angry could lead to emotional and physical harm. And this is never OK.

**We've got advice to help with those challenging parenting moments:**

### **Set clear rules**

Your child's behaviour will improve when they know what the rules are, so they can stick to them. So try to respond in the same way every time. Say what you want your child to do, clearly and in a way they'll understand. Repeat it if necessary. And if your child doesn't do as you wish give them an appropriate consequence – so they'll know not to do it again.

Choose a consequence that fits the situation, for example, if your children are arguing over a toy, take away the toy. Explain why you are taking the toy away. Stick to what you said, and when 5 minutes have passed give them back the toy so

they can show you they can behave in the way you want.

When they misbehave take a deep breath and use a quiet and calm voice. Your child is far more likely to listen to you if you are in control - shouting will only make you angrier and upset your child.

Every child is different and it's important not to compare your child to others. You know your child best and you can help them understand good behaviour by setting rules and creating boundaries.

### **Show affection**

Show affection. Whether it's a cwtch, a kiss or a wink; all forms of affection can help children feel cared for, loved and build their confidence. Enjoy being with your child. Spending time together and doing different activities like reading and playing, will help you form a healthy relationship with your child.

And don't forget to praise good behaviour. If you praise the behaviour you want, your child is more likely to repeat this.

### **Look after yourself**

Being a parent can be draining, especially when you're juggling lots of things. Try to find time every week to let yourself unwind or do something that you enjoy. It's much easier to take care of your child, if you take care of yourself too. It's difficult to be a calm and relaxed parent if you're stressed, tired or anxious. So make sure to give yourself some quality time, even if it's only a couple of hours.

### **Remember, you're not alone**

Every parent finds it tough sometimes. Talk to someone you can confide in like a partner, friend, family member a professional like a health visitor or family support worker.

Our helpline advisors hear from people with all sorts of worries, including questions about parenting. If you need support or would like advice, call the NSPCC helpline on 0808 800 5000. You can also find more parenting advice at the Welsh Government's 'Parenting. Give it time.' website.

**For more useful parenting information and advice, visit [nspcc.org.uk](https://www.nspcc.org.uk)**