

Devotion



Sometimes, you cannot talk to children; they are so focused on their own feelings that they cannot listen. Long explanations don't help. With their presence and with simple gestures, adults can make a difficult situation easier.

If a child shows dangerous or destructive behaviour, devotion will not help. If children behave this way, they are really looking for guidance. Stick to a clear "no".

Physical contact



Some children lose touch with their body when they are very angry. Physical contact can help them to feel themselves again. A child's body language shows if it is okay with physical contact in such a situation or if it needs distance.

If adults are very angry themselves or are stressed out, they should not touch the child and should keep some distance.

Aggression



Parents who feel their own anger and know that they have to be careful in such situations and not use violence can become great role models for their children.

If they let their anger run free in violent actions towards their children or towards other people, this is a great burden for their children and is bad for their development.

In Austria, any violence towards children is strictly prohibited and punishable by law.

Explanations



Children want to understand the world; therefore, it is important to explain rules and prohibitions to them. The older children get, the more they question and want to negotiate about explanations by adults.

If parents take too much time or change their explanations too much, children will no longer listen to them.

This causes anger and disappointment in their parents.

Rewards



Sometimes, it is very difficult for children to keep calm, or to finish and carry out a task. A little reward every now and then can help motivate them.

Parents who cannot handle their children's anger or disappointment and try to soothe them with sweets or presents, will intensify their emotional outbursts, because their children will think that their behaviour is "worth a reward".

Distraction



Sometimes, it helps to distract children from a difficult situation at first - to direct their attention towards something else. This creates a little distance to the problem. It is possible to clarify things more easily with a calmer mind later.

If distraction becomes a routine or the only solution to problems, children will not learn to handle their frustrating emotions on their own.

Backing away



If a conflict might escalate, it is sometimes important, for adults and for children, to back away, so that everyone can calm down. Usually, this enables dialogue later. It is easier if the adult backs away first.

This type of distance can be scary for children. They might feel like they are abandoned. Children should never be locked up in a room or left alone in the apartment. Eye contact should be possible.

A clear NO



Children need parents who can communicate a clear 'Stop' if the child crosses important boundaries. It helps to offer alternatives, i.e. you cannot draw on the walls, but you can have a large piece of paper to draw on.

Too many limits and bans make it difficult for children to develop their personalities, which causes many conflicts, because they will constantly cross a boundary. It is important to always adapt the boundaries to the children's development.

Warning



Children often need a warning after a clear 'No', so that they can understand that the situation is "serious". This means announcing an adequate and manageable consequence to their actions. That way, the child understands and knows what will happen he/she doesn't stay within boundaries.

"Don't you dare..." - threats scare children, especially if they are threatened with severe punishment or with being left alone.

"Idle threats" on the other hand, are also not effective and make the relationship feel very insecure.

Eltern sind Experten für ihre Kinder, aber auch Experten dürfen sich beraten lassen.