Tips for Responding To Your Child’s Behaviors
Stop, Drop and Stay in Control

When parenting, we sometimes...

- Stand above the child.
- Give time-outs or ignore the child.
- Yell or raise our voice.
- Take their actions personally.

It can be more helpful to...

- Be at eye-level with the child.
- Stay close until the child is calmer to connect.
- Remain calm and speak at a relaxed tone.
- Recognize children’s emotions are often not about us.

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