



What to do about **WHINING?!**

Reasons children whine

*Tired *Hungry *Medical issue *Development *Temperament *Environment
*Self-control fatigue *Stress *Disequilibrium

*Child has not learned why they should avoid whining and what to do instead of whining

Tips to prevent it

- 1) Build in connection time - Address the need to connect before the child whines
- 2) Lower stress - Build in times to soothe and calm
- 3) Give child a sense of control - Offer choices when possible
- 4) Practice and teach skills - Teach what whining sounds like and why not to do it
- 5) Model and demonstrate - When does talking turn to whining? Show with puppets.

Strategies to address whining in the moment

- 1) Address the “why” behind the behavior
Tired? Get sleep. *Hungry? Get food. Self-control fatigue? Give a choice.
Stressed? Help de-stress. Has not learned? Teach.
- 2) Label the child’s feelings (With true empathy. Avoid, “Yes, but” and other lecturing.)
- 3) Provide a prompt - Sounds like:
*I need a hug. *Help please. *Can I have a turn? *I need a break.

***Use the strategy that matches why the child is doing it and teaches what the child needs to learn.**