



Tips and tricks on the topic of...

The phase of defiance

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The individual's will awakens – and shows itself in the form of defiant reactions and saying NO. Your child is not turning against you, or at least not primarily. Rather, it suffers from its own inadequacy

- because it is constantly reaching its limits.
- because it wants to do a lot of things that it is not yet able to or allowed to do.
- because the parents set up rules and the limits.

What you can do:

- Stay calm.
- Try to distract your child.
- Stick to the rules and limits you have set.
- Do not threaten with punishment.
- Often a clear «No» helps.
- Explanations only make sense when the tantrum is over and the child is able to listen.
- Do not punish your child.
- A short spatial separation helps a child to calm down.

Incidentally:

Children are extremely capable of learning! If you frequently give in to demands associated with tantrums, your child will continue to use fits of rage to get its own way – even once he or she has passed the actual phase of defiance.

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