

Teaching Good Behavior to Kids

How do you get kids to behave? That's a question almost all parents ask themselves at one time or another. Raising your voice sometimes helps. If that doesn't work, most parents try punishing kids for misbehavior with a time-out or taking away privileges. Sometimes these punishments work, and sometimes they don't

But I've got an easier way that's less wearing on you and your kids. Take a few minutes each day and teach kids to be good.

This may seem like obvious advice and yet many parents I speak to don't take the time to teach their children the importance of good behavior. When you take the time to talk to your children about the importance of good behavior, and you follow it up by praising your children when they show good behavior, you are setting the groundwork for a lifetime of compassion, empathy, and value-driven behavior.

This coloring book helps you start a program of teaching good behavior to young children. Just follow these simple steps:

1. Give your child a new coloring page every day for at least 21 days. Three weeks is the average time it takes for kids to learn a new behavior.
2. After your child colors in the page, take a few minutes to talk about this behavior and in particular, why this behavior is important to you.
3. Then tell him or her: "Let's see if you can do what is in the picture. If you do _____ (describe the picture), you can color in a star."
4. Post pictures that show behaviors that are particularly important to you in an obvious place, like on your refrigerator.
5. Once or twice a day, remind your child about the importance of good behavior and explain why this behavior is important, and in particular, how it makes you feel.

If there is a behavior that your child is having difficulty with, you can use that coloring page to create a more formal behavior program.

For example, if you want a child to pick up his toys:

1. Have him color in that page.
2. Post the page in a prominent place.
3. Tell your child why it is important for him to pick up his toys, including how you feel when he does this and how you feel when he doesn't do this.
4. Cue your child to pick up his toys by pointing to the picture. **DON'T NAG. DON'T REMIND HIM OR HER MORE THAN ONCE.**
5. When your child picks up their toys, immediately have them color in a star, and give them plenty of praise.
6. When they color in all seven stars, they can get a small prize, treat, or special privilege.
7. Keep praising them every time they pick up their toys.

The most important thing to remember is to "catch your child being good." Look for teachable moments when your child is doing any kind of good behavior, and praise him or her with enthusiasm. Don't be stingy with your praise, particularly if you have a child who is willful or oppositional. Studies show that you may have to praise a child four times for the same behavior to make an impact on these children.

Sincerely,

Lawrence E. Shapiro, Ph.D.

**It is a big help when you
pick up your toys.**



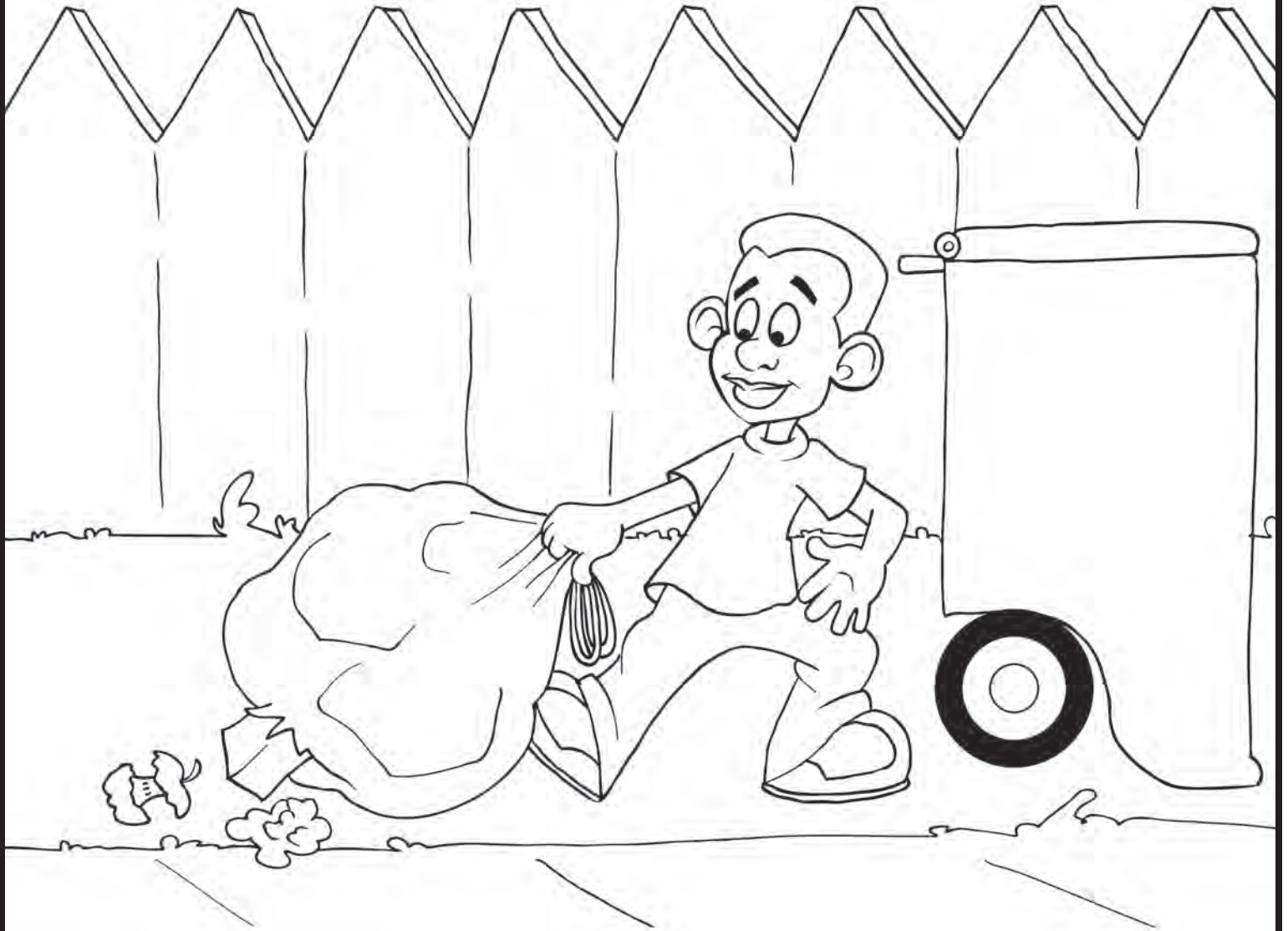
Color a star each time you do this.

**Dinnertime is a good
time to help out.**



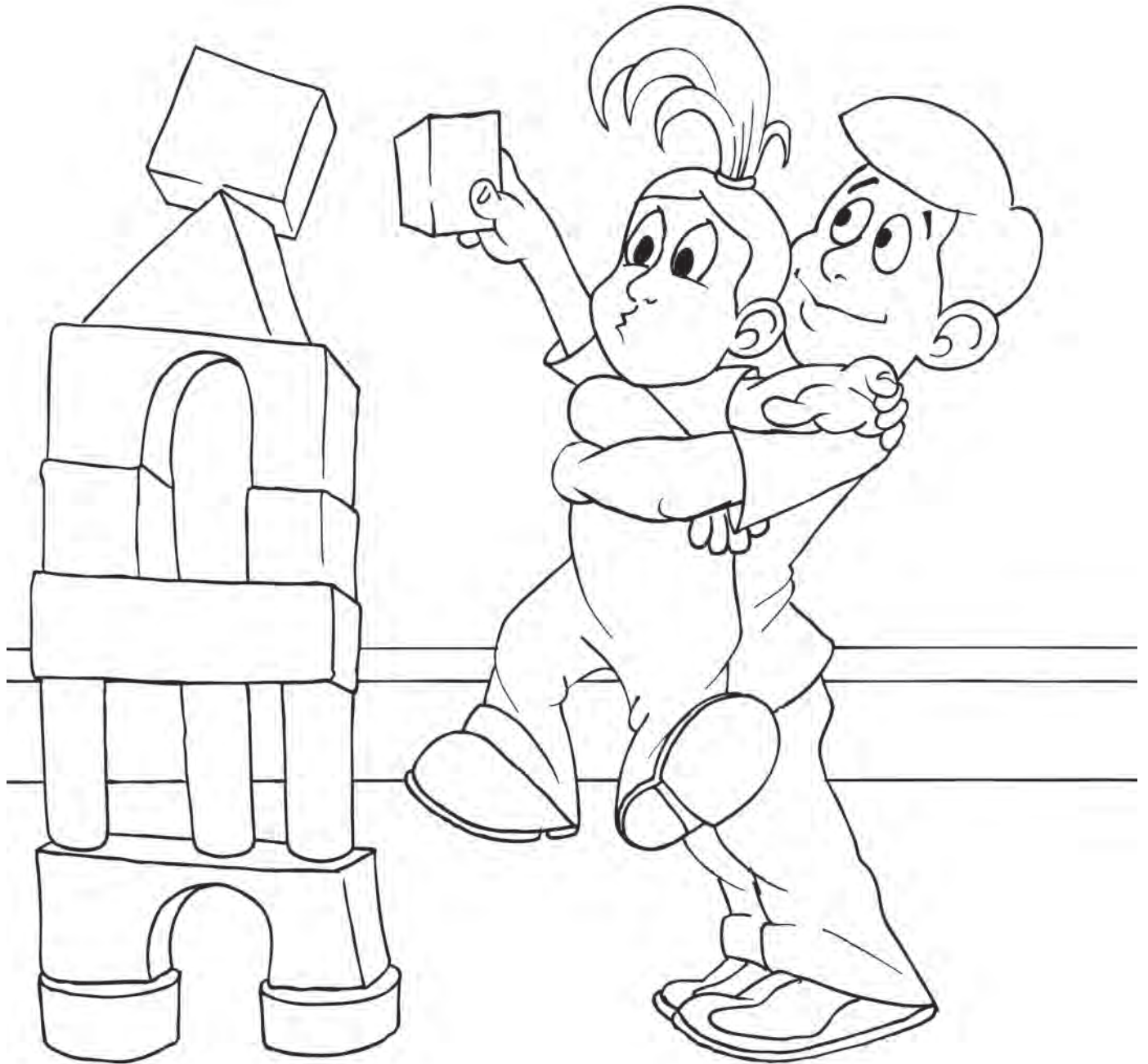
Color a star each time you do this.

**Your family loves it when
you help with the chores.**



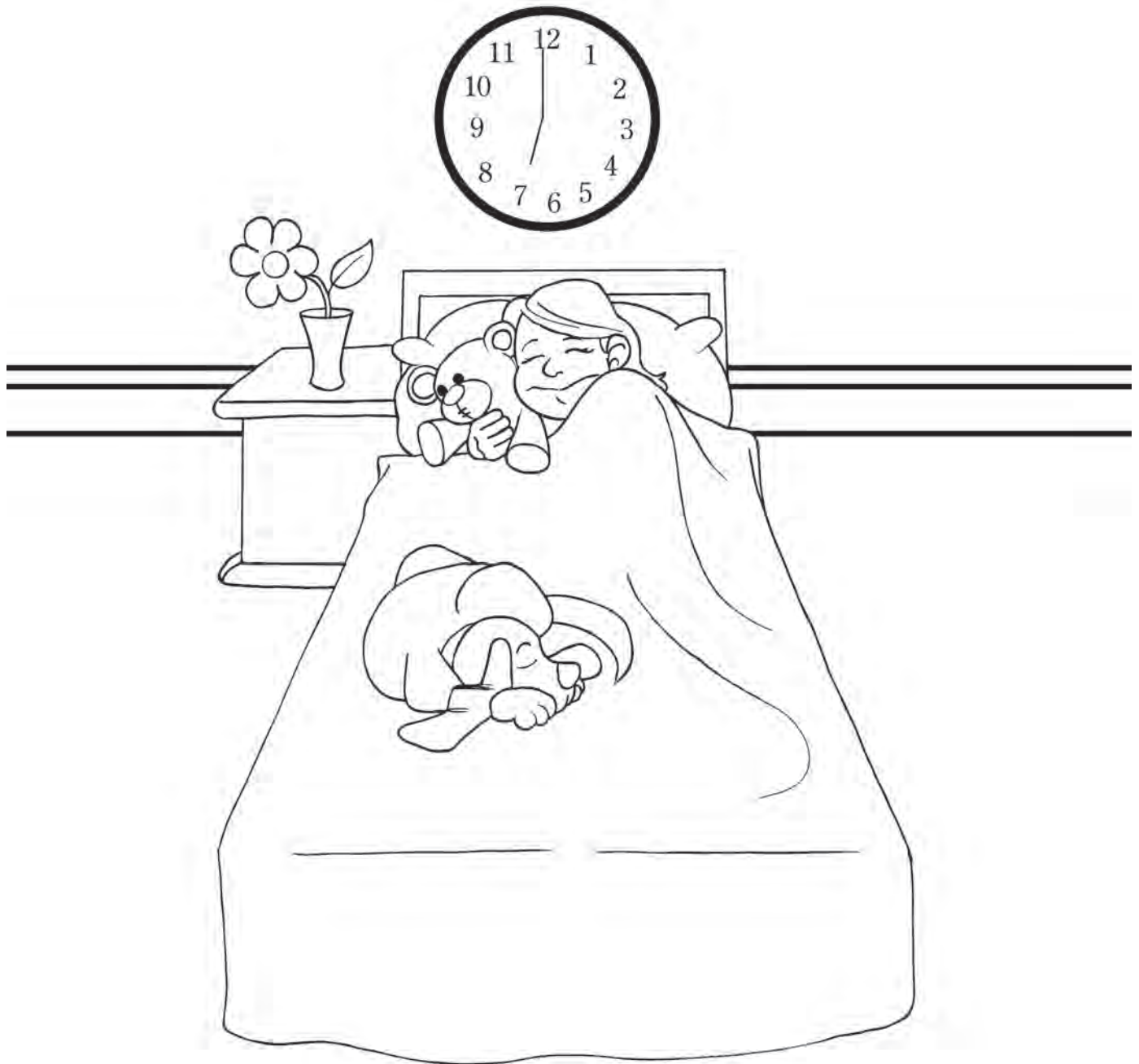
Color a star each time you do this.

**It's great when you help
out a younger child.**



Color a star each time you do this.

**You'll feel great the next day
when you get to bed on time.**



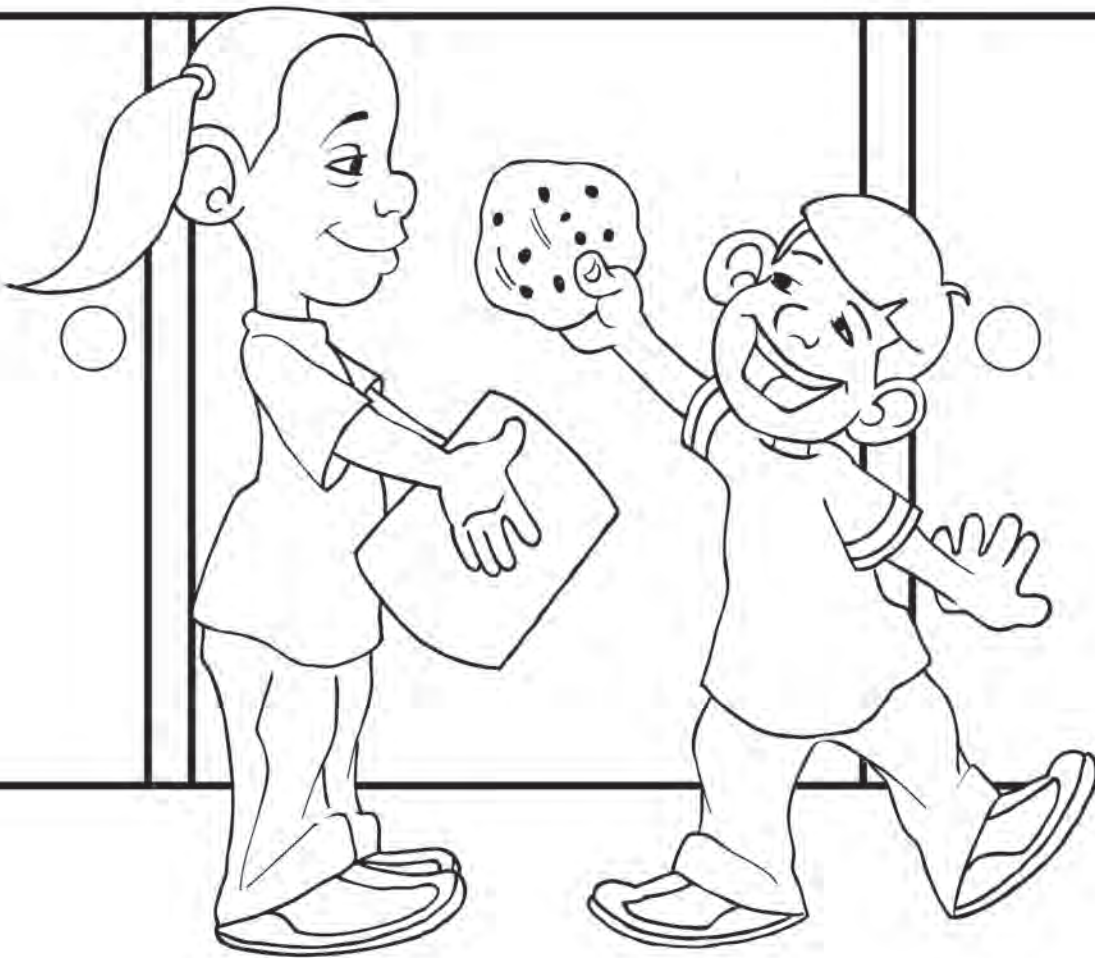
Color a star each time you do this.

**Brushing your teeth every day
will keep the cavities away.**



Color a star each time you do this.

**You feel good
when you share.**



Color a star each time you do this.

Helping with pets shows everyone that you care.



Color a star each time you do this.

**Everyone likes it when
you are patient.**



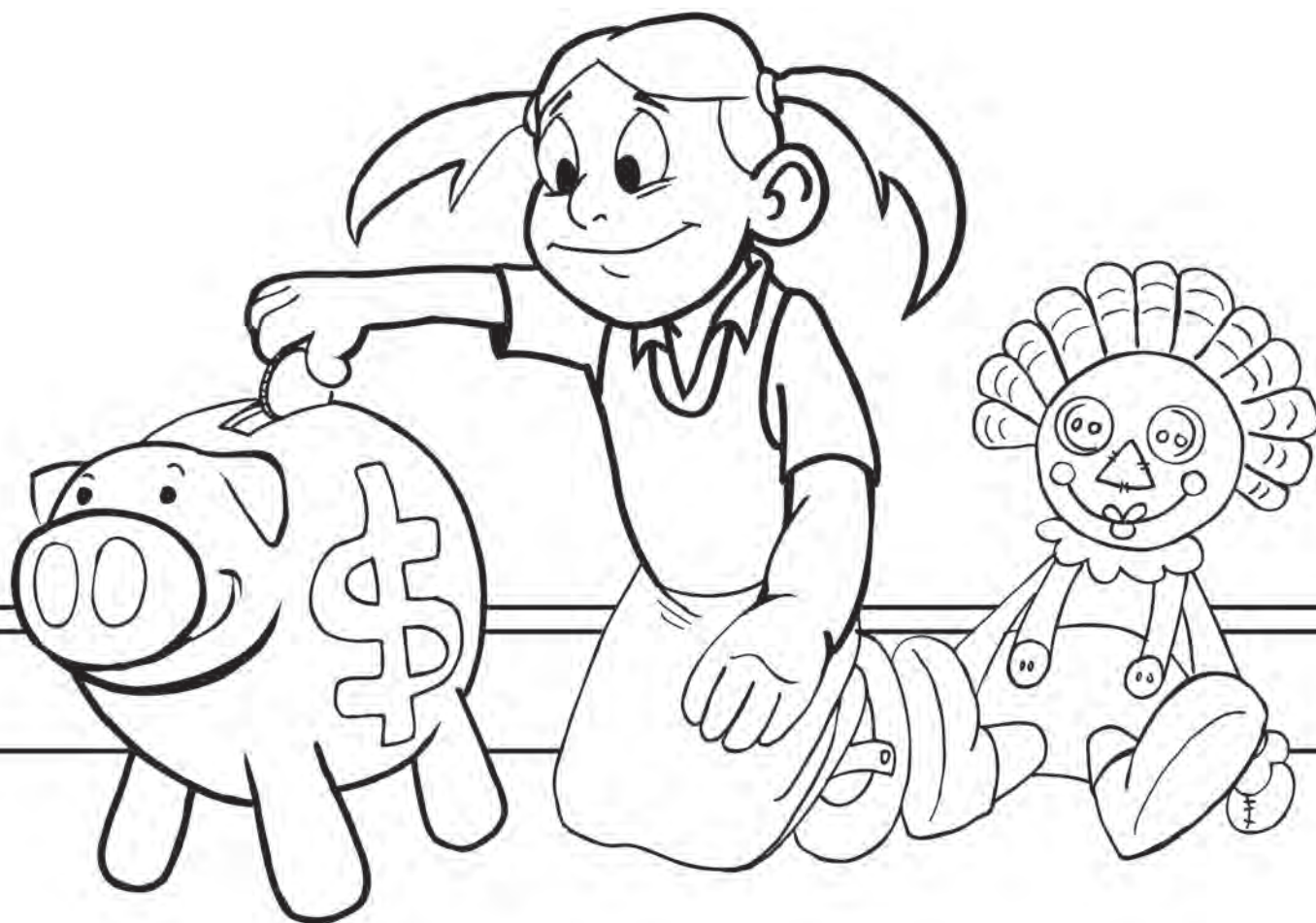
Color a star each time you do this.

**Dressing yourself shows
you are growing up.**



Color a star each time you do this.

Save your money to buy something special for yourself or someone else.



Color a star each time you do this.

**You'll be strong when
you eat healthy foods.**



Color a star each time you do this.

**It's important to be
polite on the phone.**



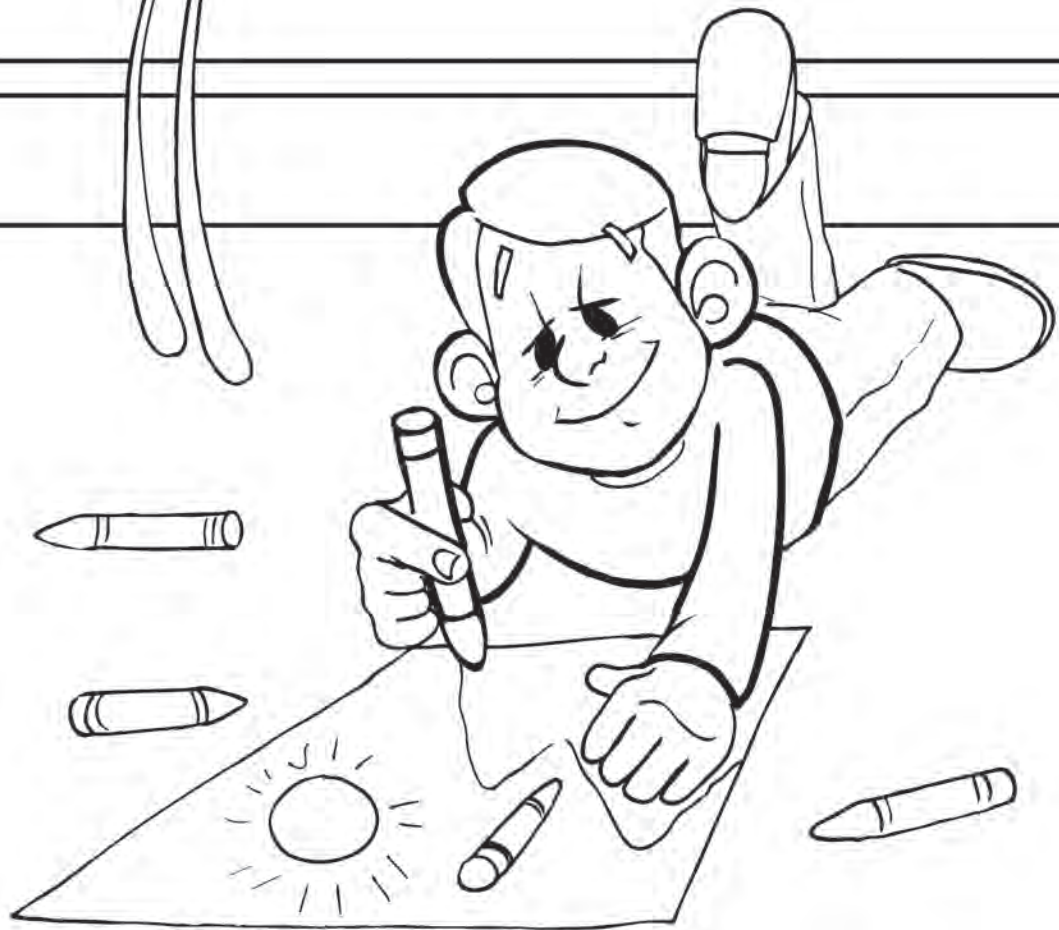
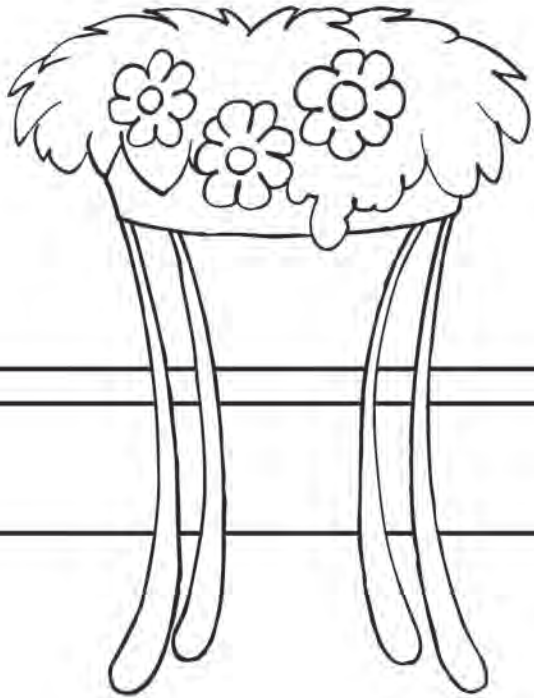
Color a star each time you do this.

It's fun to play with your Grandma or Grandpa.



Color a star each time you do this.

**It's fun to do quiet activities
like drawing and coloring.**



Color a star each time you do this.

**You can learn a
lot from books.**



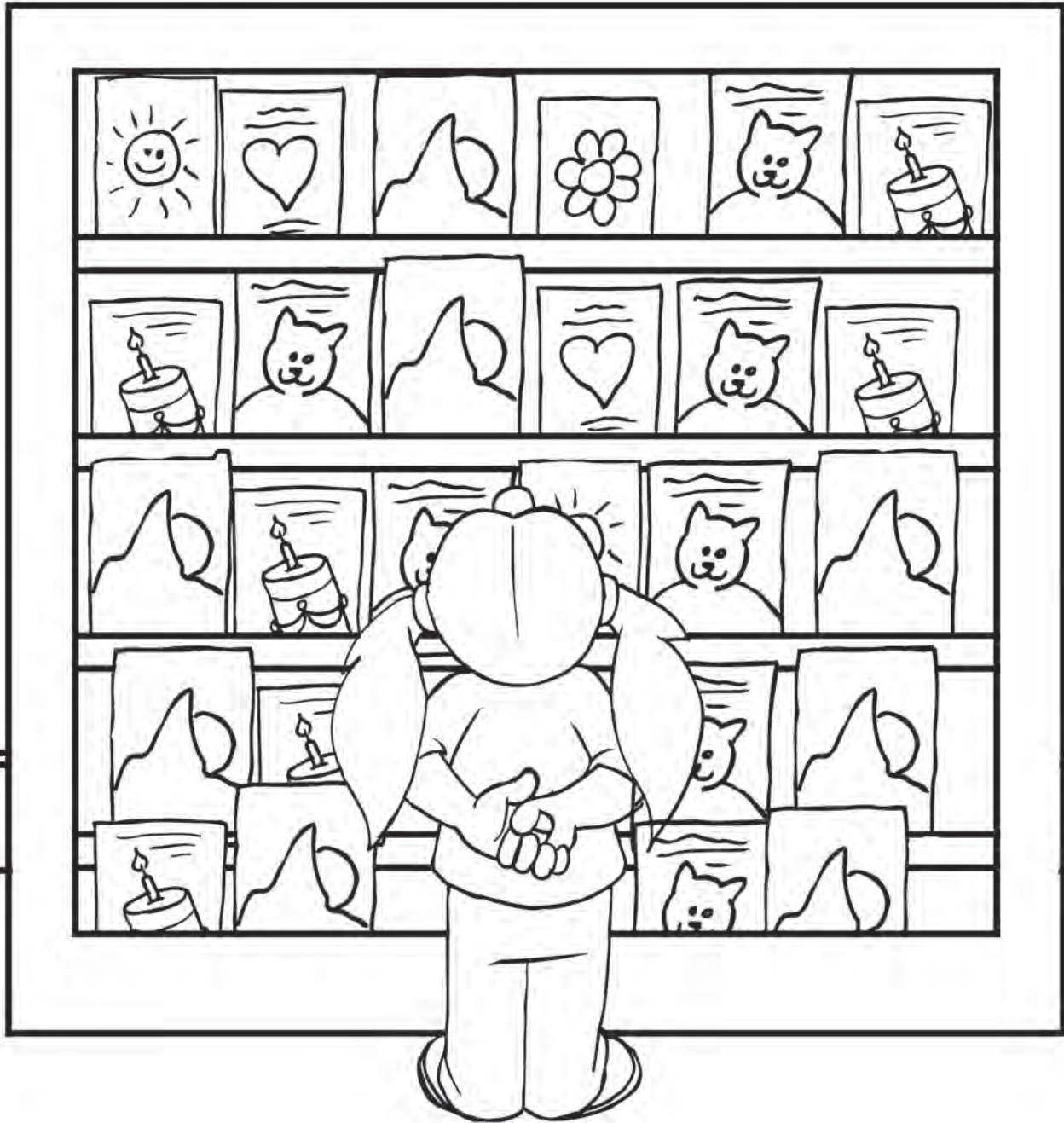
Color a star each time you do this.

Always follow safety rules.



Color a star each time you do this.

People love to get cards whether you buy them or make them.



Color a star each time you do this.

**Always be safe when
you ride your bike
or play outdoors.**



Color a star each time you do this.

Covering your sneezes and coughs keeps other people from getting sick.



Color a star each time you do this.

Washing your hands keeps others from getting sick.



Color a star each time you do this.

Look for ways to help others.



Color a star each time you do this.

It's great to give thoughtful gifts.



Color a star each time you do this.

**Helping others always
makes you feel good.**



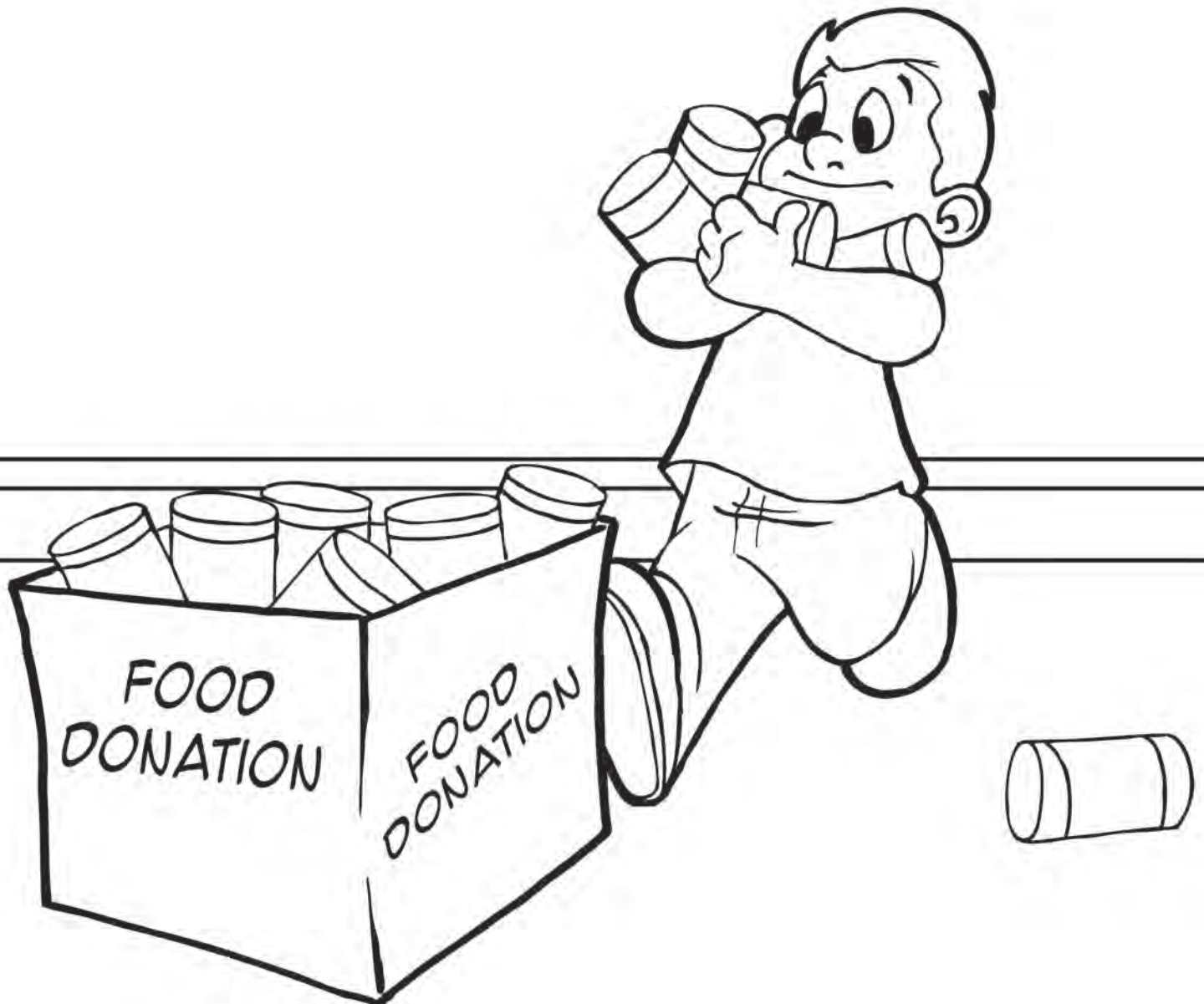
Color a star each time you do this.

**Small things will make
a big difference in keeping
the world clean.**



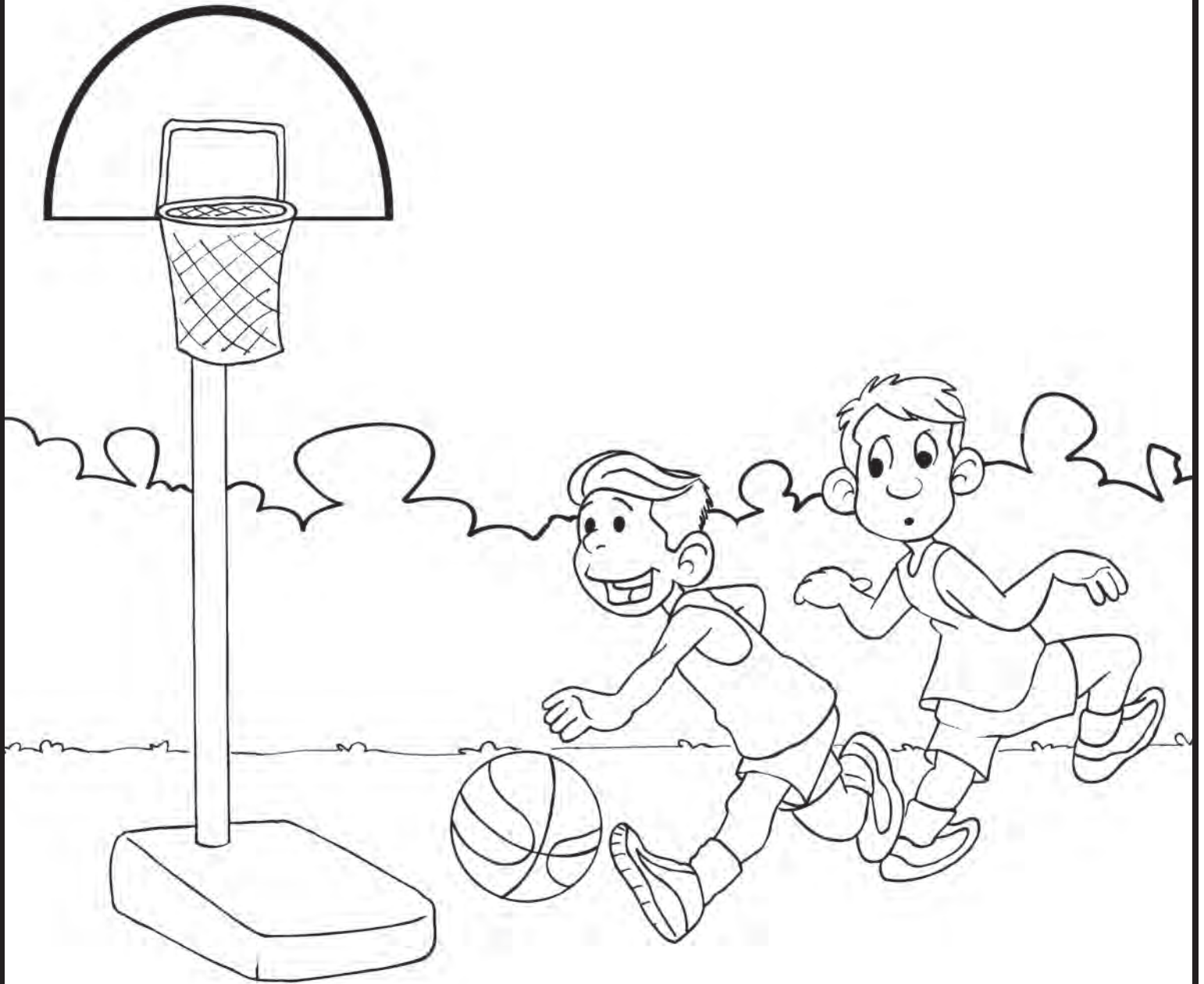
Color a star each time you do this.

It's wonderful when you take time to help people in need.



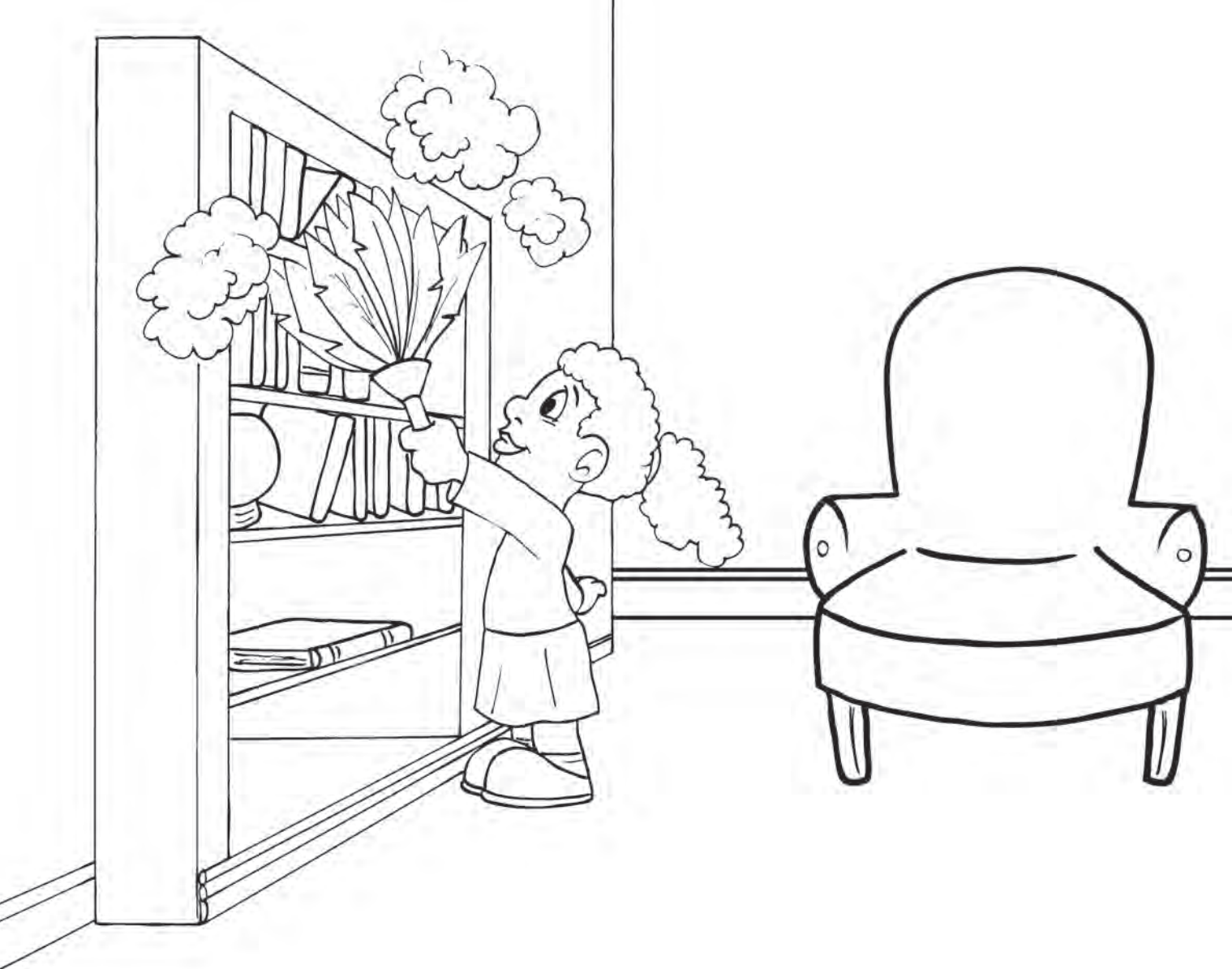
Color a star each time you do this.

Playing with others is more fun when you cooperate.



Color a star each time you do this.

**There are so many ways
to help around the house.**



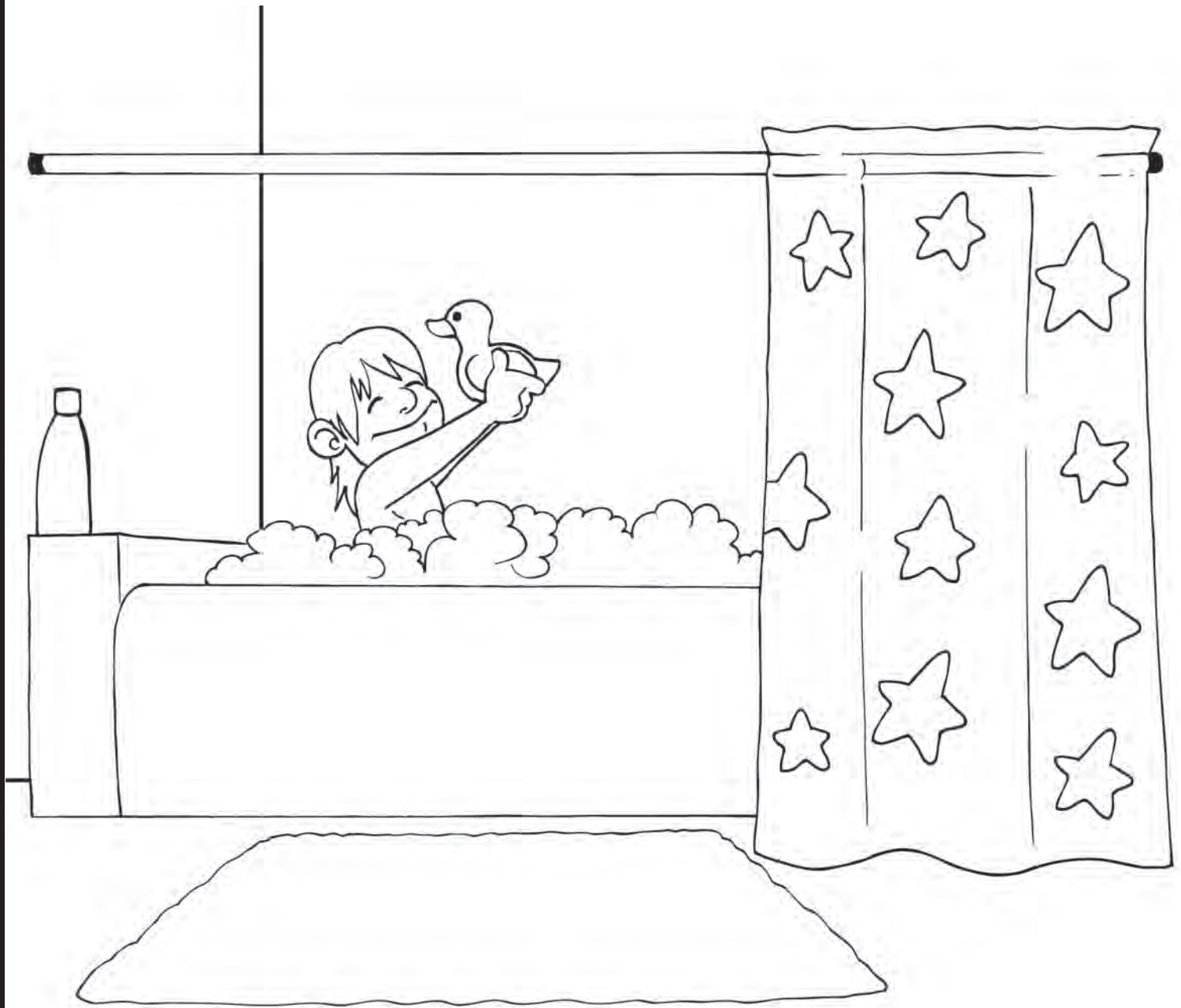
Color a star each time you do this.

It's important to respect all living things.



Color a star each time you do this.

Keeping clean will make you look good and smell good.



Color a star each time you do this.