

疫情期间的家庭教育 当孩子有行为问题时

所有小孩都会有不良行为，这都是正常的，尤其是孩子感到疲惫、饥饿、害怕或者正在学习独立的时候。但这些不良行为在居家隔离期间简直能令人抓狂！

转移注意力！

尽早发现孩子的行为问题，将孩子的注意力从消极行为转到积极行为上。

在发生之前就及时制止！当孩子开始变得躁动不安时，您可以用一些有趣的事情来转移他们的注意力，比如，您可以说：“来，我们一起玩个游戏！”

暂停一下

有想要尖叫的冲动？让自己暂停10秒钟，缓慢地做5次深呼吸，然后试着更冷静地去处理事情。

亿万家长都说这招很管用——并且是相当有效！

设定“后果”

设定不良行为的后果能够教孩子为自己的行为负责，这些“后果”也包括一些适度的管教行为，这会比打骂孩子更有效。

在执行“后果”之前，给孩子一次听从引导的机会。

执行“后果”时，尽量保持冷静。

确保“后果”能够被执行。例如，没收青少年的手机一个星期是很难的，没收一个小时则比较现实。

结束执行“后果”时，给孩子一个好好表现的机会，然后表扬他们。

坚持使用贴士 1到3

一对一时间、表扬良好行为、规律生活作息，这都能减少不良行为。

给孩子一些简单的任务，赋予他们责任感。务必确保是他们力所能及的事情。他们做任务的时候，记得表扬他们！

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[世界卫生组织](#)

[联合国儿童基金会](#)

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World Health Organization



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