

# How To Respond To Disrespectful Children

Your child is not listening to you. What do you do to correct their disrespectful attitude? How do you handle it when their little body is fuming with anger? You know you have to raise a resilient adult who needs structure and rules. It's fortunate that you're not the first person to have this problem. Strong emotions have to be expressed, but your child needs to learn how to do that in an acceptable manner. You love your child and you may want to build a friendship but that comes later in life. For now, focus on being the disciplinarian and not their buddy.

## **Take it back basic manners**

Re-emphasize basic manners like "please" and "thank you". These simple and empathetic words teach children about the impact of their words on others. Show your child a more appropriate way to express their frustrations by using sentences that start with "I" instead of "You".

This helps your child avoid sentences like, "You're being stupid." Have your child use these words more frequently when interacting with you and others. If your child refuses to use this language, you may want to look into emotional coaching.

The Gottman Institute produces programs for positive social and emotional development coaching. This institute has researched emotional intelligence for decades. You can teach your child the necessary skills to maximize their social development through the [Emotion Coaching for Parents](#) program offered by the institute.

The founder of the institute, Dr. John Gottman has released a [video](#) providing tips on how to raise an emotionally intelligent child. Know your child and set your expectations accordingly. If you know they don't enjoy car rides, not planning a road trip might save you a headache.

## **Getting involved early**

Early intervention is best and you want to do something as soon as you notice the negative behavior. You want to give your child the chance to struggle and even fail. According to clinical psychologist Dr. Paul Donahue, you're stunting the likelihood that they will use their talents later in life if you enrich without letting them getting frustrated. Dr. Laure de Preux has found that punishing a child frequently is more damaging than reasoning with them.

Poor parenting and deficits in communication ability are great factors affecting childhood behavior disorders. It's essential to enhance your training as a parent by learning techniques that have been proven to correct bad behavior.

It's of key importance to improve your [communication](#) with your child within the ages of 3 and 6. Help your child to manage negative emotions through [social and emotional learning programs](#) (SEL). Conduct a quick search for SEL programs in your district to see if your child's school integrates it.

Time-out seems like it's too simple of a technique to work, but it has been proven to be effective. Noncompliant children really do respond to time-out, especially with the combination of rewards for appropriate behavior and direct demands.

You can effectively reduce aberrant behavior and increase your child's compliance for the long term by implementing these simple changes. Improving compliance between the ages of 2 and 7 have [long term effects](#) lasting 14 years or more.

The parent training program for 3 to 8 year olds created by [Dr. Constance Hanf](#) is another option to help you improve your parenting skills. The [program](#) focuses on the prevention of severe conduct problems and juvenile delinquency. The main objectives are to increase the prosocial interaction between you and your child so they follow suit and don't have problems with conduct.

### **The effects of physical punishment**

YouGov and The Huffington Post conducted a [survey](#) on how comfortable parents felt spanking their children. As a part of the interview, adults were questioned regarding their disposition towards corporal [punishment](#). The majority of parents at 49% are in favor of this, yet 34% feel that it is psychologically damaging to a child.

It's likely that this method of discipline is acceptable to the adults in the survey because 71% of them had their parents use corporal punishment on them. The psychology professor for The Child Violence and Trauma Laboratory at the University of Michigan, Sandra Graham-Bermann, PhD, has studied the negative effects of physical discipline.

The United Nations Committee on the Rights of the Child has concluded that [physical punishment](#) is legalized violence. The problem with physical punishment is that it intensifies along with the behavior. So, even though so many other adults dealt with this type of disciplining, there are more effective non-violent techniques.

### **Professional discipline techniques**

Parent Management Training ([PMT](#)) has been proven itself to be an effective and positive disciplinary technique. If your child is being non-compliant, you may want to consider formal parent training. PMT heavily involves observing and altering parent behavior as well as child behavior.

Supporting prosocial behavior is the key reason why PMT works for parents and children. The PMT program at Yale is based upon applied behavioral analysis. The program focuses on reinforcing positive behavior through enthusiastic praise for good behavior.

Director of the [Yale Parenting Center](#) and Child Conduct Clinic Alan Kazdin, Phd, has stated that you cannot simply punish out the behaviors you don't want to see in your child. Kazdin advises parents to try a technique that allows children to have a pretend tantrum.

The tantrum has exceptions, no hitting, kicking, spitting, and so forth. This way your child learns to control their temper when they're not angry. Your child also learns to shed unwanted behavior. This method is effective because it reduces the intensity of the real tantrum.

PMT works in two parts. The first part of the technique is identifying unsuitably adapted parent-child interactions. The second part is social learning techniques that rely on operant conditioning. Through PMT, parents can learn procedures and patterns of interaction that can be used in the home or anywhere. Research has shown that noncompliant children treated by their parents with PMT were functioning as well as their compliant peers 14 years later.

A few examples of positive reinforcement used in PMT are:

- The points system
- Praise
- Attention contingent on good behavior

Pinpoint and record what your child is doing that is causing a problem. Be consistent with your consequences. For punishments, look at taking away privileges, time-out from positive reinforcement, and verbally reprimanding your child.

Attend to the behavior you want while ignoring what you don't. You may want to enlist the help of a behavioral health professional to observe your parenting objectively and provide Parent Management Training.

Collaborative and Proactive Solutions is another method of changing your child's disrespectful behavior. The model was created by the Associate Professor of the Department of Psychology at Virginia Tech, Dr. Ross Greene. The foundational concept of this is that a problem arises when your expectations or demands are beyond your child's capacity to respond adaptively.

### **Responding to anger**

The pouting, kicking, screaming, and whining are all ways your child uses to express they're having problems meeting your expectations. Dr. Greene believes that children really do want to do well. When they don't, it's because they simply lack the skills.

All people will perform poorly in a particular area when they lack the skills to do well. You can get more helpful information to discipline your child on his [radio show](#) that airs Mondays called *Parenting Your Behaviorally Challenging Child*.

Don't cave in to your child's tantrums. Children learn quickly and they'll try the same method again. [PBS.org](#) recommends understanding what the meaning of their behavior is first.

According to Dr. Greene, children want to be on their best behavior. If your child falls short, there is a legitimate reason. Look deeper to figure out why your child is behaving this way. Maybe your kid really wanted attention during your extensive cleaning session.

You have to ask yourself what you can change about your own behavior so you get a different result from your child. You can't do anything you wouldn't want your child to do. Take a look at this [video](#) by parent consultant Fahtima Khader on how to deal with an angry child.

As a discussion guide, use the Assessment of Lagging Skills and Unsolved Problems ([ALSUP](#)). You can use this [guide](#) to help you fill out the ALSUP sheet. The issue that your child is struggling with is known as the unsolved problem. Use the sheet to help you pinpoint where your child's problems are, segmenting whether it occurs at school or at home.

### **Calm**

Aforementioned psychology professor Graham-Bermann emphasizes the importance of remaining calm during a tantrum. She strongly suggests adding in time-outs and remaining consistent with your discipline. Keep your emotions in check and communicate your feelings with your child.

Review [How To Raise Respectful Children in A Disrespectful World](#) to better analyze your parenting skills. Share what your expectations are with your child when things are calm. If you wait until your child is being disrespectful to discuss this, they have already shut down and it will not be an effective conversation.

When the waters are calm, that's your chance to speak about what your expectations are. Talk about whatever negative situation occurred and how it should be handled. This is also a chance for you to fully understand what your child was thinking when they were arguing or being disrespectful. Have your child describe to you what they could have done differently.

Look for the deeper reasons why your child is behaving this way and alter your own behavior to change it. Keep control of your [tone](#) of voice when disciplining. Make sure that you remain calm so you don't engage in a power struggle with your child. You need to kindly [ignore](#) your child until their behavior corrects. When you're tired you can let your child know.

Train yourself to be calm in heated situations with your child. Have a game plan and know what to do. A book that has helped a great deal of parents is [How To Raise Respectful Children in A Disrespectful World](#) by Jill Rigby. There are three different parenting styles you can review and see which one is similar to your parenting. The book will help you focus on asking your child what you want them to become.

Place emphasis on the positive behavior of your child and the people around you. Make sure your child knows the house rules and their consequences if not followed. Setting clear expectations lets your child know how they should behave in any situation.

Apply what you learn from the programs developed by Gottman Institute such as the program that teaches [Emotion Coaching to Parents](#). There are [videos](#) and [programs](#) that have been working effectively for decades and you can benefit from them too. Get more tips from Associate Professor and the founder

of the CPS model, Dr. Greene on his [radio](#) show. Negative behavior can be replaced with positive through consistent application of parenting techniques.

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