

BEHAVIOURAL PROBLEMS OF CHILDREN



1. BED WETTING
2. THUMB SUCKING
3. NAIL BITTING
4. TEMPER TANTRUMS



1. BED WETTING

◉ CAUSES

- ◉ Due to some physical disease .
- ◉ Shifting of place .
- ◉ Arrival of new baby
- ◉ Loss of confidence.
- ◉ Unhealthy competitions



Corrective methods

- Liquid intakes should be limited .
- Develop a habit of going to the toilet before bed.
- If child remains dry , he should be awarded .
- Child should not be scolded in front of others.



THUMB SUCKING

⦿ CAUSES

- ⦿ To satisfy his sucking instinct.
- ⦿ Some take sucking as a habit.
- ⦿ It can be due to feeling of insecurity or frustration.
- ⦿ It is commonly found in bottle fed babies.



CORRECTIVE METHODS

- Breast feed the child for longer time.
- Do not nag or scold the child .
- Ignore it as much as possible.
- Avoid putting tape or quinine.
- Engage him more enjoyable activities .



NAIL BITTING

◎ CAUSES

- ◎ Sign of tension .
- ◎ Commonly found in worrisome children.
- ◎ Can be due to anxious behaviour of a child



CORRECTIVE METHODS

- Parent should find out the cause of worry .
- Parent should not set high expectations from children.
- Child to be kept away from such programs on radio and t.v which makes him/her uneasy.
- Nails should be cut when they grow.

TEMPER TANTRUMS

⦿ CAUSES

- ⦿ Can be due to some frustrations.
- ⦿ The child may be unwell, hungry, sleepy etc.
- ⦿ If the child does not have enough play material .
- ⦿ If his activities are interrupted .



CORRECTIVE METHODS

- Divert child attention.
- Parents should be patient & tactful.
- Avoid too many do's & don'ts.
- Listen to your child & avoid being too rigid.
- Do not expect too much from children .

