

TIPS FROM PAUL ARMSTRONG, PROJECT WIN



WHINING...OH HOW IT CAN STRIKE A NERVE IN PARENTS AND TEACHERS



The frustration, the exasperation, the irritation we see in parents eyes when their child whines.

So why do children whine? Simply because they know it works. Behavior is communication and the child has learned an effective way to “get what they want”

So how to curb whining? Here are some simple strategies excerpted from *National Center for Pyramid Innovations* - <https://challengingbehavior.cbcs.usf.edu/index.html> - by Brooke Brogle, Alyson Jiron & Jill Giacomini

HOW TO HELP YOUR CHILD STOP WHINING

There are few behaviors that are more frustrating to parents than whining. Yet for children, whining can be a quick and easy way to get a parent's full attention. Children whine when they feel overwhelmed by an emotion or desire and do not have the vocabulary to express their feelings. They also might whine when they do not have the skills to complete a task or because they feel tired, hungry, powerless, or lonely. Simply put, children whine to ask for help. You can help your child figure out WHY he is whining and help him to find a better way to communicate.

Your child will continue to whine until you teach him a new skill. When you give into his whine for candy at the check-out counter, you are teaching him that his whining behavior is working and he should use it again. When you take away your son's favorite toy because he won't stop whining, you increase his feelings of insecurity and actually also increase the likelihood that he will whine more often. Instead, you can teach him to use his words to tell you about his feelings and, together, you can come up with a way to solve his problem.

How to help your child STOP whining



TIRED

If your child often whines when she is tired, consider running errands before or after her nap time, when she is rested.



HUNGER

If your child often whines when she is hungry or bored, hope for the best but be prepared for the worst. Carry a small snack, pack a coloring book and crayons, or have a special activity ready to go that is only for this type of occasion. For example, you could have a bucket of puzzles, books, or toys that you only take out when you are on the phone.

COMMUNICATE

Teach your child that his needs get met when he uses his words. If he is whining for milk, tell him, "You can say, daddy, milk please." When he uses those words, follow up by saying, "Of course I will get your milk! Thank you for using your words!"



PLAY

In a calm and happy moment, play with whining. Make a stop sign with "red, stop" on one side and "green, go" on the other. He can pretend to be the dad and you can pretend to be the child. Ask him for a toy using a variety of voices—whining, yelling, talking and whispering and after each request ask him, "Stop or go?" He too can practice using each kind of voice and when he whines, you can say, "No Way!" When he asks for the toy in a talking voice you can say excitedly, "Yes, yes! Here's the toy and you get a kiss too!"



CONTACT PROJECT WIN

301-772-8420
www.childresource.org



30 celebrating 30 years of
**PRINCE GEORGE'S CHILD
RESOURCE CENTER, INC**