

## HOW TO HELP A CHILD IN YOUR PROGRAM STOP WHINING



Last time we addressed children whining and strategies to address the behavior at home. This week we address strategies to address whining at child care, and school. 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 is an article with some simple strategies for teachers.

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

### **PRACTICE AT SCHOOL**

At school, children are encouraged to use their words either verbally, using sign language, or using other forms of communication. Teachers remind children when they whine to instead use their words to express their wants and needs. A teacher might say, “I don’t understand what you want when you whine. You can use your words to tell me what you need and then I can help you.” Often a child just needs a reminder to use words and if needed, the teacher can give the child an example of what to say. “You sound like you are still hungry. You can say ‘more crackers please.’” Or, the teacher can show the child how to ask for a cracker in sign language.

### **THE BOTTOM LINE**

Whining is a common way for your child to tell you that she needs help. Until she learns a new way to get your attention, she will likely continue to whine. You can teach and show your child how to use her words to clearly express her needs. Children who are confident talking about their emotions and feel heard by their parents are less likely to whine.

“If a child doesn’t know how to read, we teach.  
If a child doesn’t know how to swim, we teach.  
If a child doesn’t know how to multiply, we teach.  
If a child doesn’t know how to drive, we teach.  
If a child doesn’t know how to behave,  
we..... teach? .....punish?”

Why can’t we finish the last sentence as automatically as we do the others?”

Tom Herner (NASDE President ) Counterpoint 1998, p.2)

### **KEY POINT: INTENTIONALLY TEACH!**

Teach the child the behavior you want.



### **CONTACT PROJECT WIN**

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