

## Parenting skills worksheet

### *Parental skills you can use to handle a violent child:*

<input type="checkbox"/> <i>Make an environment that is interesting, when children get bored they usually misbehave</i>	<input type="checkbox"/> <i>Communicate with them, ask them and listen to them.</i>	<input type="checkbox"/> <i>Set realistic expectations that are according to their age and mental capacity.</i>
<input type="checkbox"/> <i>Observe and see the triggers or root cause of the behavior and try to eliminate that.</i>	<input type="checkbox"/> <i>Provide reinforcement with good behavior.</i>	<input type="checkbox"/> <i>Be flexible in your parenting style. willingness to adapt to a child's needs will help your child to be flexible too.</i>
<input type="checkbox"/> <i>Communicate your rules and limitations.</i>	<input type="checkbox"/> <i>When they act aggressive, stay calm and control your nerves.</i>	<input type="checkbox"/> <i>Focus on your relationship with your child, because deviance is often due to an unfavorable attachment and relationship they have with their parents.</i>
<input type="checkbox"/> <i>Sit with them or leave them in a calm place when they are angry.</i>	<input type="checkbox"/> <i>Always avoid negative talk, like being critical or judgemental</i>	<input type="checkbox"/> <i>Build rapport with them so they can share whatever they</i>

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## References

[Navarro, R., Larrañaga, E., Yubero, S., & Villora, B. \(2022\). Families, Parenting and Aggressive Preschoolers: A Scoping Review of Studies Examining Family Variables Related to Preschool Aggression. \*International journal of environmental research and public health\*, 19\(23\), 15556. <https://doi.org/10.3390/ijerph192315556>](#)

[Murray K.W., Dwyer K.M., Rubin K.H., \(2013\) Knighton-Wisor S., Booth-LaForce C. Parent–Child Relationships, Parental Psychological Control, and Aggression: Maternal and Paternal Relationships. \*J. Youth Adolesc.\*, 43, 1361–1373.](#)

You can download more Mental Health worksheets [here](#).

**Please note:** There may be a more up-to-date and editable version of this worksheet available [here](#) which may be more suitable to present to clients if you are a therapist or to use in a classroom as a teacher or guidance counsellor.