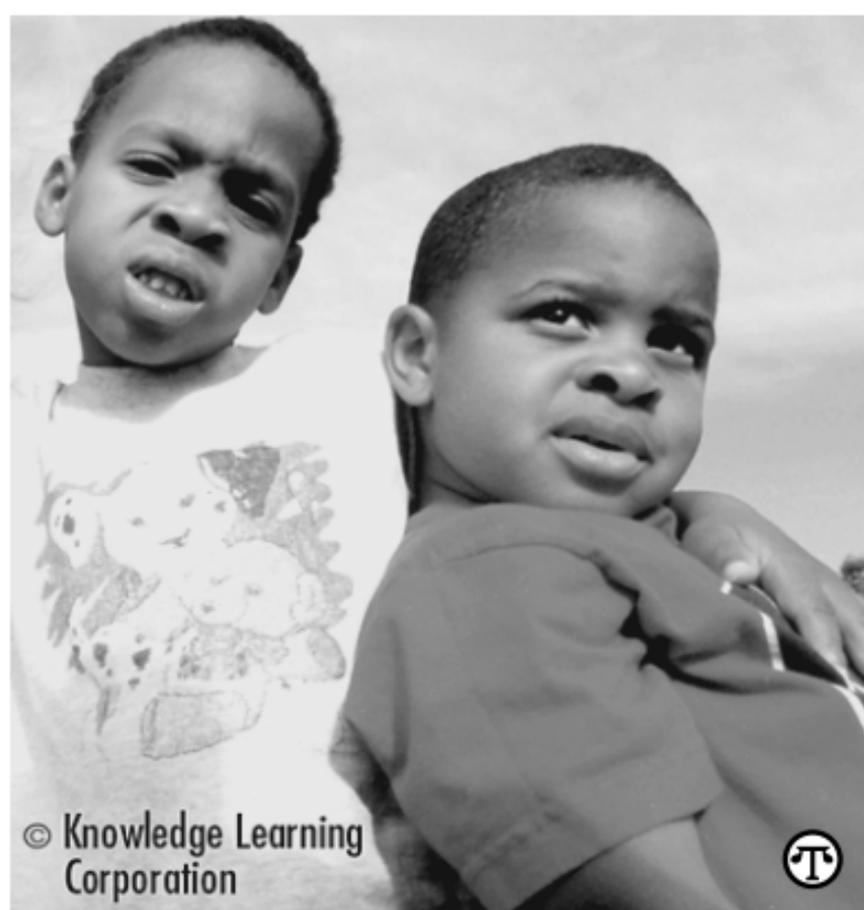


“Please Stop Whining!”

(NAPSA)—Ask parents how they handle whining and you’re likely to get a variety of suggestions—along with a confession that they hate whining. Many call it the single most irritating childhood behavior.

Parents agree there are many ways to deal with whining. Some say: “Stop whining and then we’ll discuss it.” Others believe that whining is all about your child needing your attention, so attention is what he should get.



Sharon Bergen, senior vice president of education and training for Knowledge Learning Corporation, the nation’s leading provider of early childhood care and education, recommends ignoring whining if it’s safe to do so. “Whining is an attention-getting device, and responding may encourage it,” says Bergen. “Instead, reward appropriate behavior.” She offers some suggestions.

Consider an acceptable alternative to whining, like teaching your child to ask nicely for what he wants. Make your expectations clear. Children rely on their parents to set boundaries.

Let your child know whining is not okay. Be prepared to remind him and thank him for using his non-whiny voice.

Bergen says: “When whining doesn’t work, most children will stop using it to get what they want.”