

Steps To Control Avoid Violence In Kids

Try to talk to Your children as much as you can, keeping the lines of communication open with your children and teens is an important step to keeping involved in their schoolwork, friends, and activities. Always ask open-ended questions and use phrases such as "tell me more" and "what do you think?" This will show your children that you are listening and that you want to hear more about their opinions, ideas, and how they view the world. Always start important discussions with your children about violence, smoking, drugs, sex, drinking, even if the topics are difficult or embarrassing. Never wait for your children or teens to come to you. Do set clear rules and limits for your children, children need clearly defined rules and limits set for them so that they know what is expected of them and the consequences for not complying, when setting family rules and limits, be sure children understand the purpose behind the rules and be consistent in enforcing them. Obedience is more effective if children have been involved in establishing the rules and, oftentimes, in deciding the consequences.

Do remember to be fair and flexible; as your children grow older, they become ready for expanded rights and changes in rules and limits. Always show your children through your actions how to adhere to rules and regulations, be responsible, have empathy toward others, control anger, and manage stress. Expressive what's normal behavior for your son or daughter can help you recognize even small changes in behavior and give you an early warning that something is troubling your child. All sudden changes from subtle to dramatic should alert parents to potential problems. It could include withdrawal from friends, decline in grades, abruptly quitting sports or clubs the child had previously enjoyed, sleep disruptions, eating problems, evasiveness, lying, and chronic physical complaints. Guardians need to step in and intervene when children exhibit behavior or attitudes that could potentially harm them or others, and you don't have to deal with problems alone the most effective interventions have parent, school, and health professionals working together to provide on-going monitoring and support.

Try to show your children you believe education is important and that you want your children to do their best in school by being involved in their education get to know your child's teachers and help them get to know you and your child. Do communicate with your child's teachers throughout the school year, not just when problems arise. Keep informed of school events, class projects, and homework assignments. Try to attend all parent orientation activities and parent-teacher conferences. The volunteer are there to assist with school functions and join your local PTA. Always help your children seek a balance between schoolwork and outside activities, parents also need to support school rules and goals.

About the Author

Jennifer Fairbanks is a community supporter and researcher in [violence against women](#) along with her side business [family violence prevention fund](#).

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