

Whining

A child may whine because he:

- is tired of an activity
- needs sleep
- needs attention
- is afraid of something
- wants something and doesn't know how to get it

If your child is tired:

- Comfort and put your child to bed.
- Try an earlier bedtime.
- Establish bedtime routines.

If your child needs attention:

- Comfort your child if he is afraid.
- Try to be aware and give attention before the whining begins.
- Talk, cuddle, and hug your child throughout the day.
- Reassure your child of your love and care.
Example: "I'll read the book to you when I finish cleaning."

If your child needs something:

- Show your child how to get it.
- Teach your child to use words.
Example: "Use your words to ask for a cookie."

If whining has become a habit:

- Respond by saying, "Please say that without whining and use your *real* voice."

Sometimes it is best just to ignore whining!