

How to deal with Child Psychiatry

All kids misbehave some times, but behavior disorders go beyond mischief and rebellion. With behavior disorders, your child or teen has a pattern of hostile, aggressive or disruptive behaviors for more than 6 months. Normal behavior in children depends on the child's age, personality, and physical and emotional development. A child's behavior may be a problem if it doesn't match the expectations of the family or if it is disruptive. If you see signs of a problem, ask for help. Poor choices can become habits. Kids who have behavior problems are at higher risk for school failure, mental health problems and even suicide. Classes or family therapy may help parents learn to set and enforce limits.

From the different studies carried out by experts on child psychiatry, two important strategies for studying development include the longitudinal study in which a particular group of children is studied over a long period of time, sometimes from infancy through adulthood. The second method, which is more popular because it is less expensive, is called the cross-sectional method. In this strategy a group of children or adolescents at a particular age are studied at that age. In order to compare different ages, different samples would be studied but no group would be studied over time.

Parents may choose to use physical punishment (such as spanking) to stop undesirable behavior. The biggest drawback to this method is that although the punishment stops the bad behavior for a while, it doesn't teach your child to change his or her behavior. Disciplining your child is really just teaching him or her to choose good behaviors.

Questions to ask while studying child behaviour and psychiatry

Have there been any abrupt changes in his life? A move or something like that?

Ask him first to find out the reason behind the anger, talk to the teacher and ask if there is anything you and she can do together to help your son find some different outlets for his anger. Anger many times stems from underlying issues that he may be afraid to talk about.

How are his grades, how is his attention span? What is he like at home? Is he open and friendly with everyone, or has he isolated himself from others as well as being angry? There are alot of other changes that can occur that will give you clues as to wether or not it something serious.

Has his eating habits changed? Do you and your wife belong to any of the learning disabilities associations? There are parent support groups for kids of various ages, maybe you need to talk with parents who have gone through this with their teens and they have some stratagies they can offer.

Perhaps you need to go with him and talk to his pediatrician or family doctor about the pills and why he's hiding them or not taking them. Maybe they have an adverse effect on him that only he's aware of.

Next maybe he needs to repeat the grade he's in. Holding kids back when they're in this kind of emotional upset may be in the long run beneficial to him. Explain it like a ball player being sent to the minors to hone his skills more, then he can come back to the big leagues.

Rewarding child when they do something good

Ask the child to do a task. Set a timer. If the task is done before the timer rings, your child gets a reward.

Write a short list of good behaviors on a chart and mark the chart with a star each time you see the good behavior. After your child has earned a small number of stars (depending on the child's age), give him or her a reward.

In a short time (about an hour) put a mark on a chart or on your child's hand each time you see him or her performing a good behavior. For example, if you see your child playing quietly, solving a problem without fighting, picking up toys or reading a book, you would mark the chart. After a certain number of marks, give your child a reward.

Ask your child to play quietly alone or with a sibling for a short time (maybe 30 minutes). Check on your child frequently (every 2 to 5 minutes, depending on the child's age) and give a reward or a token for each few minutes they were quiet or playing well.

About the Author

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