



KNOW YOUR CHILD

Look Beyond Behaviour

Understand What Your Child Needs



**3 Practical Tools to Help You See the
Need, Pattern and Best Response**

See the Child. Understand the Need. Respond with Wisdom.

Before you correct the behaviour, get curious.

Har difficult behaviour badtameezi ya defiance nahi hota.

Kabhi child ko skill nahi aati. Kabhi uski capacity us moment mein low hoti hai.
Aur kabhi usko clear boundary chahiye hoti hai.

Goal behaviour ko excuse karna nahi - pehle samajhna hai ke aap kis problem ko solve kar rahi hain.

TOOL 1 - SKILL OR STRUGGLE?

Jab child cooperate na kare, pehle 3 quick checks karein:

1. **KNOW** - Kya usko actually pata hai ke ye kaam kaise karna hai?
2. **CAN** - Kya required skill uski age aur current capacity ke andar hai? Waiting, transitions, impulse control aur multiple instructions follow karna bhi skills hain.
3. **OVERWHELMED** - Kya wo normally kar sakta hai, lekin abhi tired, hungry, upset ya overloaded hai?

Phir response choose karein:

TEACH -> agar skill missing hai.

SUPPORT -> agar child struggle kar raha hai.

HOLD THE LIMIT -> agar child capable hai aur boundary ki zaroorat hai.

Quick reminder: 'Won't' samajhne se pehle 'Can they?' check karein.

TOOL 2 - BEHAVIOUR DETECTIVE

Ek difficult moment ko judge karne ke bajaye pattern dekhein:

BEFORE - Is behaviour se just pehle kya hua? Screen band hui? Transition? Sibling conflict? Hunger? Aap busy thin?

BEHAVIOUR - Exactly kya hua? Interpretation nahi, sirf observation.
'Wo manipulative hai' ke bajaye: 'Wo ro raha hai, follow kar raha hai aur same cheez dobara maang raha hai.'

AFTER - Behaviour ke baad usually kya hota hai? Task delay? Extra attention? Demand remove? Sibling peeche hat jata hai?

Ask: 'Ye pattern mujhe kya dikha raha hai?'

Pattern samajhna blame nahi - better response ke liye information hai.

TOOL 3 - THE RESPONSE MAP

Ab jo aapne dekha hai uske basis par response choose karein:

COACH - skill missing hai ya child ko next step sikhana hai.
'Main tumhari help karti hun. Pehla step ye hai...'

CONNECT - emotion high hai aur child ko aapki calm presence chahiye.
'Main dekh rahi hun ye tumhare liye mushkil hai. Main yahin hun.'

HOLD - clear ya safety boundary ki zaroorat hai.
'Tum gussa ho sakte ho. Main tumhein hit nahi karne dunga.'

Kabhi answer ek nahi hota: CONNECT + HOLD ya COACH + HOLD dono ho sakte hain.

SEE -> UNDERSTAND -> RESPOND

A Note *for You*

Mama, your child's behaviour is not the whole story.

There is a developing brain, a feeling, a skill and a need underneath it.

Understanding does not mean allowing everything.

You can be compassionate and still hold a clear boundary.

The goal is not to decode every behaviour perfectly.

It is to become a little more curious before you react.

REMEMBER

See the child before you judge the behaviour.

Curiosity creates room for wiser parenting.

With love

Alizah Taha

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