

# What to Do When Your Child Acts Out in Public

*It can be tough disciplining kids in public when it seems everyone is watching or even judging you and your child.*

*Instead of getting into a power struggle in front of another person, here are some methods to ease these situations:*

Behavior Issue	Possible Solution
Getting Upset by Unexpected Changes	You suggest they count 10 or take breaths when they begin to get upset
Begging and Nagging for Thing at the Store	Before a shopping trip discuss with the child your expectations. If they start begging at the store respond calmly, "We've discussed it, and you can't get a toy today." Then stop talking about the subject and keep moving through the store. Don't back down. If you do, you may encourage them to repeat the negative behavior
Fidgeting During Quiet Events	Help keep your child happy by bringing a book, sketch pad or item that won't distract others.
Getting Angry While Waiting in Line	Try bringing books, or play games with them while waiting.
Talking Too Loudly or Interrupting Others	Try a signal that tells your child to lower their voice. If they keep talking, take them somewhere else to let them talk for a bit.
Having a Meltdown	You can take your child out of the situation and give them a few minutes to calm down. A new environment might give your child the chance to calm down.

Remember your child is learning to regulate their emotions! It is okay if every public encounter does not go according to plan. Just remember that your child is working on it.