



# **WHY KIDS MISBEHAVE AROUND THEIR PARENTS**

Have you ever noticed that your kids are somehow nicer when you're not around? Every parent has probably noticed that. It's almost a universal known thing that kids misbehave around their parents the most.

You're not imagining it. Psychologists know that it happens and more importantly, they know why. It's important that you know why, too.

## *Why Kids Misbehave Around Their Parents*

Unless there is some sort of trouble at home, kiddos know with every fiber in their little bodies that home is a safe place.

Sure, they know that if they grab a pair of scissors and jump up and down on the sofa, they are definitely getting in trouble.

And yes, they understand that hitting a sibling is going to put them on mum and dad's bad side.

But more than anything else, kids understand that home is their soft place to land. They know they can trust you.

They know you love them no matter what.

## **IN A NUTSHELL, THAT'S WHY KIDS MISBEHAVE AROUND THEIR PARENTS.**

When young children are at school, for example, they are using every part of their limited power over their impulses.

In other words, it takes a lot of self-control for them to be on the right side of the rules for so many hours.

Kids know what the world expects of them for the school day. They need to follow the rules. That's their job. Follow those rules.

**When they get home they are like a bottle of soda that's been shaken until it's going to pop. If you take that lid off too quickly, it'll explode.**

It's not their fault. It's a challenge for little brains to control their behaviour for so long a time.

Then you show up. The person they trust. The person that will love them even when they're not perfect.

They can finally breathe and relax. They can be who they are in that moment. *Grumpy. Happy. Loud. Tired. Messy.*

You'll still love them – even if you get angry at them. They are certain of it.

***Tip:** You can help kids transition from being at school to being at home by giving them some time to be loud and to run around and exercise. It's a release. It's like taking off the lid of the soda bottle slowly.*

Whether your child is perfect at school, or at daycare, or at a friend's house and then they walk through your door as a loud, crazy kid monster, it's all the same thing.

You can see that as an aggravation (which I know it is). Or you can take a deep breath and remember that because you're a great parent your kids can be themselves with you.

So if your kids are nicer when you're not around, remind yourself that it's because you're doing the whole parent thing right!