

Children who constantly interrupt

Do you find that whenever the phone rings or you are trying to have a private conversation that is the time when your child always seems to want something and constantly nags until they get it. The easiest way to relieve the situation, so you can get on and do what you are trying to do, is to give in to their demands. However, if we fall into this trap – what we are telling our children is that if they want something – all they need to do is whine and interrupt, and they will get it.

A simple and effective way to teach our children not to interrupt, especially when we are on the phone or talking to someone, is to simply put our arm out. Whichever side your child is standing beside you, simply put that arm out in a gentle manner with a closed fist. You don't need to touch them just hold your arm there in front of them indicating to them to wait. When you are ready to respond to them, then simply open your hand and move your arm away. The closed fist indicates wait and the open fist indicates that you are ready.

Children will learn very quickly that they need to wait especially if you ignore them at the same time, by not giving them any visual contact. If necessary you could explain to your child that it is not okay (in fact rude) to interrupt when you are speaking and that they need to wait. By putting your arm down you are indicating this message to them.

Good luck. If you would like more information on this or any other parenting tip please phone Brenda at the Nelson Kindergarten Association. This tip is funded by SKIP.