

9 Ways To Transform Bratty Behavior

Editor's Pick. Written by Laura Markham.

There is no such thing as a brat, only a child who is hurting. When our starting point as parents is a close bond with our children, we are their North Star, the point around which they orient. They want more than anything in the world to protect that relationship and meet our expectations. If our child is acting like a brat, she's either signalling that she needs a stronger connection with us, that she's got some big feelings she needs our help with, or that she can't meet our expectation without some tailored support.

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