

# Decoding Your Child's SOS

*Written by Laura Markham for Aha! Parenting.*

You've probably heard the term "Acting out" refer to misbehaving. It actually means to act out a feeling that you can't express in words.

So when your three year old hits the baby, or your five year old throws a toy at you, or your seven year old slams the door, they're acting out. You could respond with punishment. After all, the behavior is clearly unacceptable. But you would be missing the feeling that your child is finding so unbearable that he has to act it out. You would be missing your child's SOS.

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