



Try to understand the root of the disobedience and if the misbehavior is only during a specific situation.



Utilize your authority as parents to deny them something and provide them with a reasonable explanation behind it.



Try not to scream your requests or orders. Ask them calmly and offer to help them with their chores if they oblige.



Avoid having them do a chore in exchange for their wishes. This may only make them greedy and even lie.



Give them a choice of either this or that, such as, they may avoid vegetables either in lunch or dinner. This way, they will listen to you without feeling forced into it.



<u>children_00710956/</u>