

An infographic featuring a large sunflower with a brown center and yellow-orange petals. The sunflower is set against a light blue background with white clouds. The stem of the sunflower is green and has four green leaves. Each leaf contains a number and a piece of advice in white text. The background is a solid light blue color.

¿Qué facer cando teu fillo/a ten unha RABECHA?

1. Manter a calma ignorando o berrinche

2. Manter unha actitude indiferente

3. Darlle tempo e espazo para que se recupere

4. Si se soluciona a rabercha. Non darlle o que quería

PRINCIPIOS BÁSICOS

- ESTABLECER NORMAS E LÍMITES CLAROS
- REFORZAR AS CONDUCTAS QUE QUEREMOS QUE SE REPITAN.
- ACORDAR COS NENOS/AS AS NORMAS PREVIAMENTE