

Causes / Influences of Negative Child Behavior

"Why is my child acting this way?"

Many parents ask themselves this very question over and over. The truth is, though, that there are probably as many reasons as there are kids. Here is a list of some of the most common factors that cause, or better yet, *influence* negative behavior:

BIOLOGICAL INFLUENCES

- Brain Dysfunction
- Brain Injury
- Hormonal Problems
- Temperament
- Chemical Imbalance
- Developmental Disorder
- Diet / Nutrition
- Learning Disorder
- Genetics

PSYCHOLOGICAL INFLUENCES

- Lack of Coping Skills
- Trauma
- Low Self-Esteem
- Psychological Disorders (Depression, Conduct Disorder, Bipolar Disorder, etc.)
- Response to Dramatic Life Event (divorce, new sibling, etc.)
- Low Frustration Tolerance
- Poor Choices
- Lack of "Conscience"
- Personality Disorder
- Impulsivity

SOCIOLOGICAL INFLUENCES

- Poor Parenting
- Negative Peer Influences / Peer Pressure
- Media Influences (violence, sex, etc.,)
- Poor Role Models
- Exposure to Violence
- Substance Abuse Problem (could fit into any category)

The list of potential causes or influences is quite a bit longer than what I was able to list. Parents are powerless with regards to a lot of these factors, but have quite a bit of control with others. The important thing to remember is that all of these issues can be dealt with in one way or another. Seeking the help of a competent and trusted individual is the first step. Patience and persistence are paramount.

If you can think of any other factors that belong on our list of "causes of child misbehavior," then please contact us with your suggestion.