

# Wipe Out Whining

**Whining can be frustrating and hard to listen to.  
Be patient and use these tips to help stop or prevent it.**

- Look first for an obvious physical cause like hunger, thirst, being tired, uncomfortable clothing or shoes, position, or even illness.
- Show the difference between a whiny voice and a normal voice. Ask your child to tell you which voice is more pleasant.
- Stay calm. When a child knows whining will upset you, she may not stop.
- Ignore whining by limiting eye contact and talking.
- Make sure a child has contact with children his own age. It can be tiring for a child to keep up with older kids.

