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## 6 year old : Son Hitting Parents, refusing to eat at dinner table

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My son is doing very well in Kindergarten and his behavior is just about perfect outside of the home or when we have visitors. Since school began his behavior with Mom and Dad has been periodically terrible. He gets off the bus and as soon as we reach the front door he will hit me. At dinner he will immediately pick up his food and fling it to the floor. He says he does not want us looking at him. I am giving him one chance to eat dinner at the table with us. If he flings his food he is in his room no additional dinner. Same with hitting. In his bare room until end of day. Am I handling this appropriately?

**A: It sounds like you are giving a very large consequence for unacceptable behavior. Doing that follows John Rosemond's "The punishment should NEVER fit the crime" principle. If you are clear and consistent with the consequence then you should see permanent change in your son's behavior within 6 weeks or sooner. As far as the hitting, I would suggest you put him in his bare room as soon as it happens. He can have scheduled bathroom breaks until dinner. If he throws his dinner, get him ready for bed and put him in his room. However, have a plate wrapped and in the fridge for him in case he decides he is hungry later and wants to eat. Dinner (warmed) should be provided for him if he asks for it.**

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