

Jab Bachcha Maar De

Park mein, ghar par — haath uthte hi

KYA KARO

1. Haath ko gently roko — turant
2. Pehle doosre bachche ko dekho
3. Phir apne bachche ke level par aao

YEH BOLO

"Maarne nahi doonga. Maarne se dard hota hai."

Baad mein: "Gussa aaye toh bolo — STOP. Words use karo."

YEH MAT KARO

- X** Zabardasti sorry bulwana — zero seekh
- X** Chillana ya sharminda karna — lesson dar mein kho jaata hai
- X** Lambi lecture — chhota aur firm jeetta hai

SCIENCE KYA BOLTI HAI

Is umar mein maarna impulse hai, shaitaani nahi. Aapka calm unhe woh words sikhata hai jo abhi nahi aate.

Roz ka ek chhota kadam — ProParents app

Poora guide: proparents.in/parenting/hitting-and-biting

Based on CDC's Learn the Signs. Act Early. guidance · Screening, not diagnosis · proparents.in



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