

Rone Wali Awaaz

"Mummaaaaa..." — kaanon mein nails wali awaaz

KYA KARO

1. Ek calm cue — bas wahi, har baar
2. Normal awaaz aate hi TURANT suno
3. Tired-hungry-connection check karo

YEH BOLO

"Normal awaaz mein bolo, phir sunungi."

Normal aayi: "YEH awaaz sunai deti hai! Haan, bolo."

YEH MAT KARO

- ✗ Whine ke aage der se maan jaana — sabse bada reward
- ✗ Mimic karna ya mazaak udana
- ✗ Normal awaaz ko ignore karna — phir koi channel nahi bachta

SCIENCE KYA BOLTI HAI

Whining habit hai jo attention pe palti hai. Normal voice ko profitable banao — whining retire.

Roz ka ek chhota kadam — ProParents app

Poora guide: proparents.in/parenting/whining

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



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