



A Help Me Be Good Book About

Whining

By Joy Berry



You might whine because *things are not happening the way you want them to happen.*

Your parents might tell you “no” or ask you to do something you do not want to do.

You might whine to get them to change their minds and let you have your own way.

But whining will only make things worse.



ANNIE, IT'S
TIME FOR YOU
TO GO TO BED.

BUT I DON'T WANT
TO GO TO BED. MAYBE
IF I WHINE, MOM WILL
CHANGE HER MIND
AND LET ME STAY UP
LONGER.

BEDTIME
ALREADY?



Do not whine when you do not get your way.

Do these things instead:

- Remember that you cannot have your own way all the time.
- Tell your parents politely how you feel. Give them time to think about what you say. What you say might cause them to change their minds. If it does not, stop talking about it.



MAYBE MOM IS RIGHT.
MAYBE I DO NEED TO
GET SOME REST.



I THINK I'LL TAKE
A BUNNY NAP.



Joy Berry is the author of over 200 self-help books for kids that have sold over 85 million copies.

Joy Berry

The purpose of the **HELP ME BE GOOD** series is to help young children replace misbehavior with appropriate behavior. This 29-book series includes the following fully color-illustrated books:

Being Lazy

Being Forgetful

Being Careless

Being Messy

Being Wasteful

Overdoing It

Showing Off

Being a Bad Sport

Being Selfish

Being Greedy

Breaking Promises

Disobeying

Lying

Interrupting

Whining

Complaining

Throwing Tantrums

Teasing

Tattling

Gossiping

Being Rude

Snooping

Cheating

Stealing

Being Bullied

Being Bossy

Being Destructive

Fighting

Being Mean

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