



How To Deal with CHALLENGING BEHAVIORS In the Home

Families For Forward Thinking (FFT) and
Wee Wisdom Nursery School and Child Care Center
April 2016
<http://www.weewisdomkids.com/>

WHY IS IT IMPORTANT?

Children will not always behave perfectly and when they misbehave it is up to you to correct their behavior.

As a parent, you do not want to be seen as the 'bad guy' for disciplining your child when they misbehave, and that can be tricky.

Luckily, there are positive ways to deal with misbehavior in a way that benefits both the child and yourself.

This handout provides fast facts, family activities, and helpful resources to help inform on dealing with challenging behaviors in a positive manner.



FIVE FAST FACTS

1. If children are misbehaving at home, they may also be misbehaving in other locations. They may be acting out in school, on the school bus, and at friends or family households.
2. There may be more than one reason for why a child misbehaves. The child may not be able to communicate what he or she is feeling or know what to do in a difficult situation. He or she could have an internal problem or be experiencing an external problem such as craving attention and getting his or her way.
3. A child's behavior is a form of communication. When a child is misbehaving, he or she is displaying feelings of something being wrong and/or feelings of anger or sadness.
4. Children learn how to behave from watching other people's behaviors. They may be watching you, family members, friends, parents of friends, and television show characters. They will model after what they see and if they see negative behaviors they may copy them and misbehave at home.
5. Children will often start off by doing little things to misbehave (ignoring you, not listening to directions the first time, etc). Depending on why they are acting out, determines whether they will increase the frequency and severity of their behavior.

FAMILY ACTIVITIES

1. Making a consequence chart with pictures and adding colors. Deciding what consequences to put on the chart to go with each challenging behavior.
2. Work with your child to make a list of things that will be taken away if he or she behave inappropriately and a list of things to gain when he or she is behaving correctly.
3. Choosing and decorating a secluded corner in the house (for the cool down station) with pictures, quotes, and a clock. You could also work with your child to decorate the chair.
4. Sit with your child and draw pictures of appropriate behaviors to do at home. Setting aside this time allows you to bond with your child while doing something fun.
5. Practice appropriate behaviors with your child by playing with dolls/action figures/teddy bears. You could even give your child scenarios to act out the correct behavior and practice them in public places such as the library or grocery store.



3 WAYS TO DEAL WITH CHALLENGING BEHAVIORS



Create a household consequence chart. Make the chart and choose the consequences along with the child to give them a sense of responsibility and choice over his or her actions. Add pictures and make the chart colorful to allow the child to see their consequences as something they must do because of their behavior. When the child misbehaves, walk them to the chart and have them tell you the consequence they must perform and why.



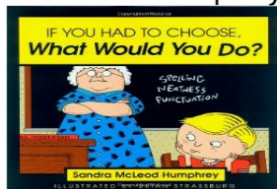
Implement negative and positive reinforcements. Negative reinforcement occurs when something is taken away from the child. For example, taking away dessert if the child misbehaves during dinner. The child is more likely to stop misbehaving when something they want is taken away from them, for however long. When you give a child a reward, positive reinforcement is occurring. Giving a child a high five or extra time playing outside is a reward for them behaving appropriately. It may be best to use positive reinforcement with a behavior that a child has struggled with but overcame.



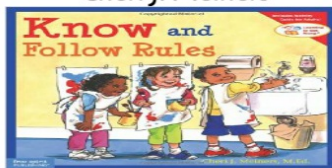
Have a cool down center somewhere in your house. It's like 'Time Out' without the negative connotation. The child is placed in a chair in a corner and must sit for a fixed amount of time to "cool down". He or she can take time to relax and step away from the situation or think about what just occurred. Once their time is up, you should talk to the child about why he or she needed to cool down and what he or she could have done differently. Create a name for your cool down station with the child and hang pictures of what they child does in the area. Use the station to show your child that everyone needs a little cool down time.

HELPFUL BOOKS FOR CHILDREN

If You Had To Choose, What Would You Do?
Sandra Mcleod Humphrey



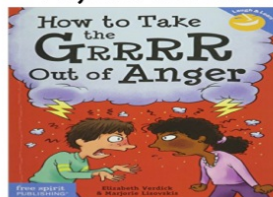
Know and Follow Rules
Cheri J. Meiners



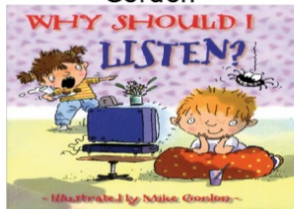
The Way I Feel
Janan Cain



How To Take the Grrr Out of Anger
Elizabeth Verdick and Majorie Lisovskis



Why Should I Listen?
Claire Llewellyn and Mike Gordon

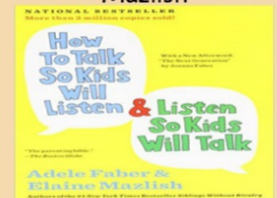


HELPFUL BOOKS FOR PARENTS

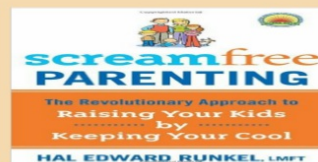
How to Talk So Kids Will Listen & Listen So Kids Will Talk

This book offers suggestions and methods to solving common behavioral problems in children and tips for building lasting positive relationships.

Adele Faber and Elaine Mazlish



Screamfree Parenting: The Revolutionary Approach to Raising Your Kids by Keeping Your Cool



Hal Edward Runkel
This book discusses how parents should learn how to calm their emotions and focus on their own behavior before addressing their child's behavior. Emphasizes that parenting is about parents.

Easy to Love, Difficult to Discipline: The 7 Basic Skills for Turning Conflict into Cooperation

This book provides advice about 7 powers of self control, 7 basic discipline skills, and 7 values for living in order to help discipline a child.

Becky A. Bailey



Helpful Websites

FOR PARENTS

About Parenting- 10 Suprising Reasons Why Kids Misbehave

Caring For Kids- When Your Child Misbehaves: Tips for Positive Discipline

Parenting- Why Kids Misbehave



FOR CHILDREN

Disney Junior

Nick Junior

Sesame Street



Use the information and the resources provided in this handout to learn about and implement different ways to deal with your child's challenging behaviors. The information will help your child behave more appropriately and help you to approach discipline in a positive manner where everyone wins.

Wee Wisdom Nursery School and Child Care Center and Families For Forward Thinking 2016