

# Managing CHALLENGING BEHAVIOUR

## Managing Challenging Behaviour

### Tantrums / Excessive Anger

Shouting, Screaming, Crying, Throwing themselves

### Breaking Things / Disrespectful

Throwing / kicking objects, breaking toys

### Hurting Others

Biting, Hitting, Kicking, Nipping

### Defiance

Refusing to follow requests, rules or instructions

### Fussiness

Refusing to eat certain foods or take part in certain activities

## Possible Reasons for Behaviour

**Modelled** - Child copying learned behaviours

**Overstimulation** - Child needs stimulation

**Seeking** - Child is looking for attention

- Child is finding something difficult

**Overwhelmed** - Child feels overwhelmed by

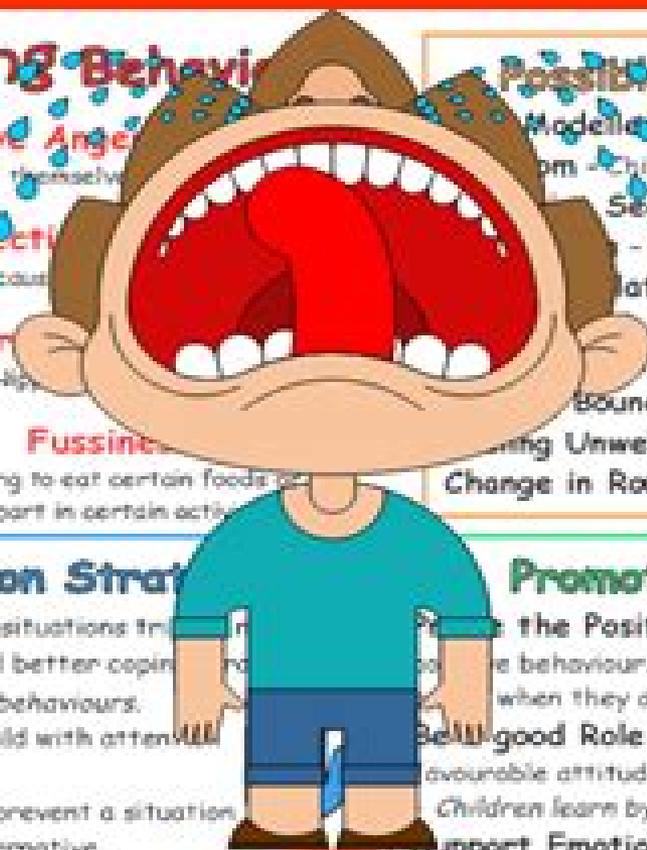
too much going on

Child may be expressing strong emotions

**Testing Boundaries** - Child is exploring what happens if...

**Feeling Unwell / Tired or Hungry**

**Change in Routine / Family Circumstances**



## Prevention & Intervention Strategies

**Understand** - Notice and understand what situations trigger the behaviours and adapt, avoid or help child find better coping strategies

**Ignore** - Good for minor attention-seeking behaviours.

Ignore the behaviour and only reward the child with attention once they have stopped the behaviour.

**Distract** - Stop the negative behaviour or prevent a situation from escalating by providing an appealing alternative.

**Encourage Empathy** - Point out how the negative behaviour makes another person feel (e.g. sad, hurt) Ask child how they would feel if someone did the same to them.

**Be Clear & Consistent** - Ensure child is aware of what you want them to do. Be consistent in what you say and how negative behaviour is dealt with.

## Promoting Positive Behaviour

**Reinforce the Positive** - Give praise and attention to good behaviour. e.g. thank child for being helpful, give attention when they are kind to others

**Be a good Role Model** - Demonstrate positive behaviours, favourable attitudes and desirable ways to interact with others  
Children learn by copying behaviours!

**Support Emotional Wellbeing** - Through routines and activities help children learn about feelings and emotions, why we have them and how we can share and manage them.

**Use Rewards** - Allow child choose next toy, activity because 'they have been kind and helpful' OR stickers or certificates to help visually reinforce good behaviour.



POSTER

# Managing Normal Behaviour Of Young Children

**BM King**



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