

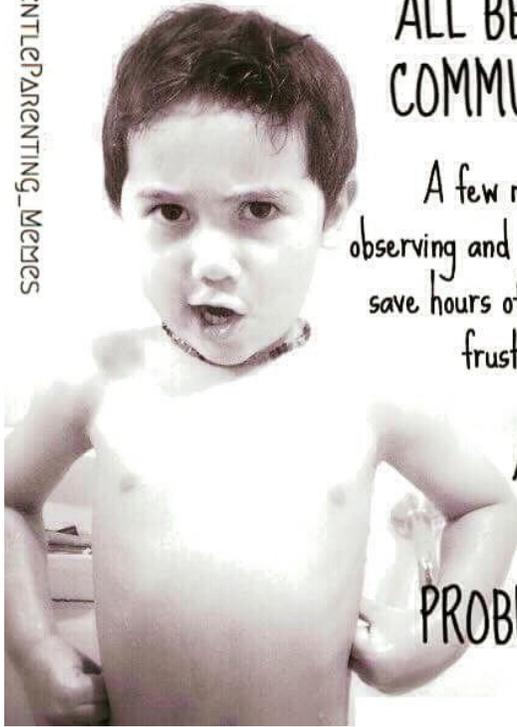
Understanding and Dealing with Challenging Behaviour





all behavior is
COMMUNICATION

GENTLEPARENTING_MEMES



ALL BEHAVIOR IS
COMMUNICATION.

A few minutes of listening,
observing and understanding, can
save hours of miscommunication,
frustration and conflict.

A NEED MET
is a
PROBLEM SOLVED.

- LR Knost

What we sometimes see as
a failure to **BEHAVE**
properly,

is actually a failure to

COMMUNICATE
properly.

What is challenging behaviour?

- ▶ The term 'challenging behaviour' is usually used to refer to the '*difficult*' or '*problem*' behaviour which is shown by children or adults.
- ▶ Such behaviours might include aggression (hitting, kicking) destruction (ripping clothes, breaking windows, throwing objects) self-injury (head banging, skin picking) tantrums and/or many other behaviours.
- ▶ Characteristically challenging behaviour puts the safety of the person or of others in jeopardy or has significant impact on the persons or other people's quality of life.

Children repeat the behaviour
that gets the biggest reaction!

What behaviour are you
shining a light on?

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**People don't change
their behavior unless it
makes a difference for
them to do so.**



Sharon Stone
American actress

[QUOTIO.COM](http://quotio.com)

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Is it really challenging behaviour?

All children test the boundaries at times; this is a normal part of child development (e.g the terrible twos) therefore it is helpful to remember that most young children will display lots of challenging behaviour early on in their lives.

Usually as children mature and develop their self control and social skills, these incidences become less and less.

Is the behaviour that your child is displaying challenging or is it part of normal development?

Childish Irresponsibilities

- ▶ Not listening
- ▶ Shouting
- ▶ Touching things
- ▶ Spilling drinks
- ▶ Getting clothes dirty
- ▶ Unable to sit still

Behaviour Linked To Development

- ▶ Fighting
- ▶ Refusal to do anything
- ▶ Swearing
- ▶ Demanding
- ▶ Lack of understanding routines
- ▶ Not concentrating
- ▶ Easily distracted
- ▶ Copying others
- ▶ Fidgeting

Challenge to Parents Authority

- ▶ Fighting with siblings
- ▶ Refusal to do anything
- ▶ Lying
- ▶ Stealing
- ▶ Arguing
- ▶ Swearing
- ▶ Not listening
- ▶ Verbal abuse
- ▶ Not accepting the consequences
- ▶ Laughing at you
- ▶ No manners

Ways that we reinforce behaviour we don't want

- ▶ Behaviour is a pattern - it is a habit like crossing your legs and folding your arms. Like all habits - it is learnt.
- ▶ Children learn their behaviour by listening, watching and copying the adults around them; mainly their parents.
- ▶ *Most* of children's behaviour is developed from the way in which we respond to what they are doing. *Our response* can determine whether or not the behaviour continues.

A typical list of things that people do might include.....

▶ Threats

“You’ll never go there again”

“ Don’t think you’ll be going out again, cos you won’t”

▶ Letting things go for an easy life

“I don’t know why I bother!”

“ Just get out of my sight”

▶ Role-modelling

- shouting, swearing, withdrawal of love, sarcasm

▶ Put downs

- humiliation, ridicule

▶ Deferring to someone else

“Wait ‘til your father gets home!”

▶ Several punishments for the same thing

- shouting at the child and then taking away a privilege

- telling Dad, who then also tells the child off

- inappropriate punishment (too harsh, too many or not enough)

- ▶ Disciplining for childish irresponsibilities and behaviour that is linked to the child's age and stage of development (this does NOT need a punishment)
- ▶ Not dealing with challenging behaviour at all
 - “ I just give up!”
- ▶ Inconsistency
 - Day to day, moment to moment consequences that depend on how the adult feels
 - Outside pressures “We never did this when we were young”)
 - Being in public

Dealing with challenging behaviour

- ▶ Calm down time NOT time out
- ▶ Setting rules and boundaries
- ▶ Praise NOT punishment
- ▶ Consistency is key
- ▶ Consequences NOT punishments

Effective Discipline Strategies

- ▶ Be consistent with your rules.
- ▶ Do not get into an argument with your child
- ▶ Provide structure and routine to their day to enable them to feel safe and secure. Children thrive on routine and knowing when things are going to happen.
- ▶ Have sensible expectations (not too big)
- ▶ Say “No” and mean it
- ▶ Remove the victim so that the child who is hitting does not get the desired attention
- ▶ Explain why you do not want the behaviour and how you would like the child to behave

- ▶ Tell the child that it is the behaviour you do not like NOT the child
- ▶ Use consequences and make sure you can carry them out before you threaten them
- ▶ Use rewards (ideally non-material ones e.g praise, time)
- ▶ Counting to ten
- ▶ Stay calm and in control
- ▶ Divert their attention
- ▶ Pre-empt
- ▶ Keep your voice low
- ▶ Use the “When, then...” technique

Successful discipline comes best when there is a strong framework of love, feeling wanted, respected, cared for and feeling important.

