

HELPING PARENTS WITH WHAT THEY NEED RESPONDING TO CHALLENGING BEHAVIORS OF CHILDREN

Sometimes what we see as challenging behaviors can be typical for young children who have not yet developed executive functioning. If you are unsure how to respond you are not alone. Consider these tips:

YOUR REACTION • Simple things like counting to 10 before you respond and taking a deep breath may help you keep yourself in check and calm.

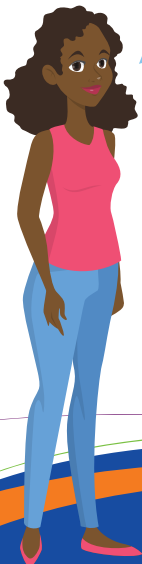
FOCUSING ON THE CHILD • Find a new activity or change environment (take a walk, go to park, get physical exercise). Here are some resources:

- [What Can I do When my Child Misbehaves?](#) (Parenting Network)
- [Tips for Responding to Challenging Behavior in Young Children](#) (Pyramid Equity Project)
- [Managing Problem Behavior at Home](#) – A guide to more confident, consistent, and effective parenting (Child Mind Institute)
- [Challenging Behaviors](#) (Zero to Three)
- [Parent Education](#) - Child Abuse & Neglect Prevention Board

SETTING ROUTINES • Routines may help prevent challenging behaviors before they start. Here are some resource guides to help build routines for children with challenging behaviors:

- [Family Routine Based Support Guide for Children with Challenging Behavior – ages 4-8](#) (Tennessee CSEFEL Pyramid Model Partnership)
- [Positive Solutions for Families](#) (NCPMI)

WRITE YOUR OWN CARD • List the top 3 things you want to remember when your child is demonstrating a challenging behavior.




ASK FOR HELP • It's OK to ask for help. We all need it at certain times. [Five for Families](#) offers ideas.

LOOK FOR ADVICE • Have a go-to list already written of people you trust to ask for advice or help.

WHAT I SHOULD DO WHEN MY CHILD IS DEMONSTRATING CHALLENGING BEHAVIORS:

1. _____
2. _____
3. _____



FILL OUT • CUT-OUT • KEEP IT CLOSE



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