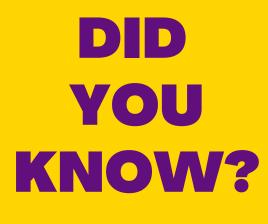


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## HOW TO ADDRESS CHILDREN'S CHALLENGING BEHAVIORS





Temper tantrums are a common expression of emotions in children who are unable to communicate their wants and needs with words.

Understanding a child's feelings, <u>temperament</u>, and triggers helps prevent, respond, and manage challenging behaviors.

Stay calm and avoid giving into or responding with anger to negative behaviors because it may reinforce them.

Prevent <u>challenging behaviors</u> by preparing children for transitions with visual schedules, providing cues during routines, and using first and then language to move from one activity or place to another.

How do you typically handle challenging behaviors like temper tantrums?





Practice <u>staying calm</u> by responding first to least challenging behavior.

Pause to understand the meaning of the child's behavior before responding.

Use a visual schedule, music, or timer to facilitate transitions.

Invite the child to bring a special object from one activity to the next.

Practice Patience! Stay calm, no one gets it right all the time.

Recommended Material: <u>No Yell Bell</u>, <u>Visual Timer</u>, <u>Best Behavior Book Series</u>

Watch our <u>Challenging Behaviors</u> Video and...



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