

Understanding Your Child's Behavior

ALL children are different and "act out" in different ways but ALL behavior is your child trying to communicate their needs to you.



Ages 0-12 behaviors might include:

- Tantrums
- Hitting
- Throwing toys
- Yelling/Crying/Whining
- Biting/Spitting



Ages 12-18 behaviors might include:

- Avoiding eye contact
- Refusing to talk
- Ignoring or antagonizing
- Yelling/Crying
- Risk-taking

Parenting is hard! Experiencing your child's behavior might make YOU:

- Feel frustration/despair
- Feel embarrassed
- Feel angry
- Yell or threaten your child
- Cry

This is all normal! Now let's investigate some of the parenting tools that can help:

ADD THESE TIPS TO YOUR PARENT TOOLKIT:

#1

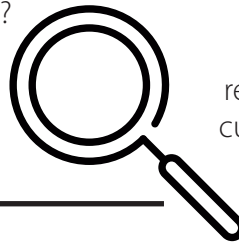
Stop, Pause and Breathe:

Deep breathing exercises can help you manage the stress of everyday life and help clear your thoughts. Try breathing in for 5 seconds and out for 5 seconds. Or take 5 deep breaths with your eyes closed.

#2

Investigate the "why":

- Is your child sad?
- Hungry? Frustrated?
- Lonely? Bored?
- Scared? Rushed?
- Sleepy? Sick?
- Stressed? Bullied?



#3

Ask + Actively Listen:

Lead with questions like, "How are you *feeling*? Is there anything that you *need*?" Actively listen by responding to verbal and non-verbal cues. If necessary, help your child find words for their feelings.

When you've taken this pro-active approach*, you can expect that:

- Your child **feels more secure** and more connected to you as their parent
- Your child **builds resiliency** allowing them to cope with life's problems appropriately and identify and express their emotions and gain inner strength
- Your child **builds emotional and cognitive (thinking) skills** to help prepare for a healthy adulthood

*Adapted from *The Solihull Approach*



Parenting Can Be Tough
Asking for help doesn't have to be!

Find more resources online at scanva.org/prc