

HAND OUT

MANAGING CHALLENGING BEHAVIORS



- No child emerges from a troubled past without some negative emotional baggage. There is no quick cure. No matter what providers do, change for such a child often is just a test of time.
- Children that have experienced trauma because of grief and loss need assistance in moving on to new and different relationships.
- They need skills in learning how to cope with trauma. When children can integrate life's experience (good and bad) they are completing the cycle of grief.
- Every child must move at their own pace with help from significant adults in their life.
- An escalated adult, cannot de-escalate an escalated child



- Remember that to discipline a child is to teach the child.
- Respect the child, always, no matter what the situation.
- Build the child's self-esteem.
- Physical discipline such as spanking or slapping should be avoided.
- Realize that most children want to behave in ways that meet adults' approval.

- Be aware of what you're feeling.



- Don't expect major changes to occur in a short time.
- Don't give up on a good technique if it doesn't work right away.
- Put limits on the behavior of children and adolescents.





- Problem solving
 - Talk about the child's needs and feelings.
 - Talk about your needs and feelings.
 - Brainstorm better ways or solutions with the child, encouraging him or her to come up with the most ideas.
 - Decide which possible solution is best by considering the consequences and possibilities of each.
 - Pick one together, making sure the child believes it can be done.
 - Plan together about how, when, and where the child will try to new behavior.
 - Meet later to praise for compliance or figure out how to make it work if this doesn't happen.
 - Praise the child for successes.

- Contracting (for most children 8 years or older)
 - Decide everything with the child or adolescent.
 - Put the agreement in Write clearly.
 - Be specific about what the child is to do, what rewards will be given, and when rewards will be given.
 - Sign and date the contract and be sure everyone has a copy.
 - If the child doesn't follow through, don't give the reward but don't punish, either.



WHAT PUSHES YOUR BUTTONS?



If you want the rainbow, you must put up with the rain

Dolly Parton

"CELEBRATE" SUCCESS

...CELEBRATE SUCCESS??