

## 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??