CHILD-LEVEL GUIDE

Jump Start
Early Childhood Consultation

An Initiative of THE CHILDREN'S TRUST | THRIVE BY 5

HOW TO ADDRESS CHILDREN'S CHALLENGING BEHAVIORS

DID YOU KNOW?

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, temperament, 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 challenging behaviors 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?

START YOUR JOURNEY!

DISCIPLINE REFLECT ON THIS...

Practice staying calm 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: No Yell Bell, Visual Timer, Best Behavior Book Series

Watch our Challenging Behaviors Video and...

Download the app

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REMEMBER TO RELAX, REFLECT, AND THEN RESPOND