

Managing Challenging Behaviors: Keeping Things Calm

Stay neutral

- Our reaction to behavior dictates how escalated a situation becomes
- Staying neutral allows us to avoid power struggles and communicate calm behavior to our children

Whenever challenging behaviors occur:

- Talk quietly
- Your child talks more, parents talk less
- State your expectations positively
- Model appropriate behavior

Neutral <i>Is</i> ...	Neutral <i>Is Not</i> ...
<ul style="list-style-type: none">• Relaxed forehead, cheeks, and jaw• Slight curve to the lips• Straight back with relaxed shoulders• Uncrossed arms• Angled slightly sideways• Approaching slowly to the side• Speaking at moderate pace• Few words• Avoiding asking questions	<ul style="list-style-type: none">• Angry, annoyed, or bored expression• Talking about child's behavior• Naming your own emotions• Hands on hips/crossed arms• Asking "why" or other questions• Saying "I already..." "you know..." "you need..." etc.• Yelling

Work Together as a Team

- Only one person speaks to escalated child at a time
- Other family members can distract siblings
- Other family members can privately reward siblings for following rules
- Everyone should be aware of how escalated a situation gets and determine the need for additional help

Always remember that prevention is key! Follow home routines, work together to ensure that all kids are kept busy, and be consistent with each other at all times.