

UNDERSTANDING CHALLENGING BEHAVIOR

KIDS DON'T MISBEHAVE OR BREAK THE RULES TO MANIPULATE US.

CHALLENGING BEHAVIOR IS OFTEN DEVELOPMENTALLY APPROPRIATE AND IS USUALLY A SIGN OF AN UNMET NEED OR UNDERDEVELOPED SKILL.



⇒ *AS PARENTS, WE NEED TO BECOME MORE CURIOUS AND LESS JUDGMENTAL* ⇒

WHAT YOU SEE:

They're having a tantrum over not getting what they wanted.

They're not sitting still at dinner time.

They're constantly fighting with a sibling.

They are not engaged with learning.

WHAT'S REALLY GOING ON WITH YOUR CHILD:

→ "I lack self-regulation skills and get overwhelmed by my big emotions."

→ "I have a lot of unspent energy and I need help to channel it."

→ "I need support and practice with conflict resolution."

→ "This is not interesting to me, I don't see the point in learning this."



CHILDREN ACT OUT BECAUSE THEY ARE IN DISTRESS, NOT BECAUSE THEY ARE BAD PEOPLE THAT NEED PUNISHMENT.

ACTING OUT IS A CRY FOR HELP, A CRY FOR LOVE.

UNDERSTANDING THEIR UNMET NEEDS AND CONNECTING INSTEAD OF PUNISHING CREATES EMOTIONAL INTELLIGENCE.



2022 New Year Kits

A collection of printable worksheets, posters, and activities to help your child discover the power of their brain and realize they can achieve great results with practice and effort.

★★★★★

"My kids and I did this together after New Years to plan our new year. Has transformed our lives in a beautiful way. Our time spent is now a joint effort, we have become a united team!"

- Sharon G.

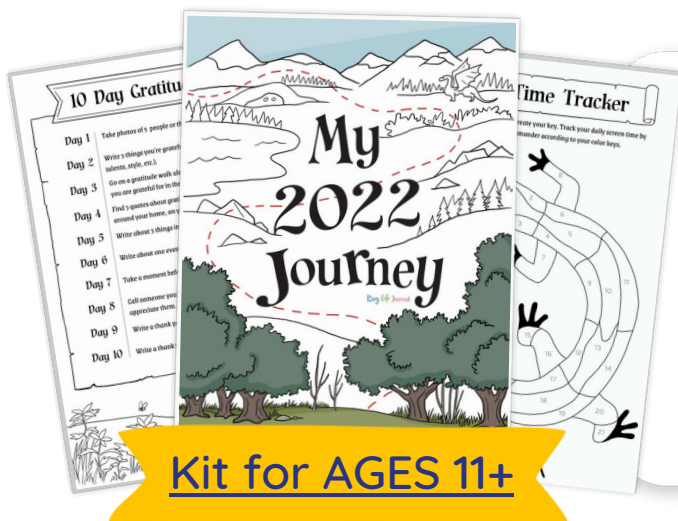


Kit for AGES 5-10

★★★★★

"This is a great kit with wide-ranging materials. We can build goals for the new year, incorporate growth mindset into literacy, and continue building skills for positive thinking and the power of YET!"

- Candice



Kit for AGES 11+

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Big Life Journal team