

## Managing Difficult Behaviour

Every behaviour that a child exhibits is a form of communication. As adults, we see these negative behaviours and we can sometimes want quickly to affect a strategy that we hope will immediately stop the behaviour. The strategies that we adopt can sometimes be punitive and we miss the opportunity to have a better insight in to what the child is trying to say. So, if behaviours equal communication you can support children to become more aware of how they feel and they're for support them to manage their behaviours by becoming self disciplined.



### Here are some tips to help your child's behaviours.

- 1, Consider the culture in your home, culture means how we do things in our family. Children model what adults do. How we communicate with each other. How you approach difficulties, personal spaces, mealtimes. Even your views, values and morals and influences of being parented will influence our approach to managing a child's behaviour. Take some time to think about these things before you implement a strategy to decrease and eventually stop a negative behaviour.
- 2, Help your child to recognise their feelings and use their words to articulate how they are feeling to others. By doing this you are teaching them to connect with their emotions and in- turn this helps them to become more emotionally self conscious and self disciplined.
- 3, Think of factors that could be influencing your child's behaviours. Such as, changes in the family functioning, bereavement, parental separation, an older sibling being aggressive or ignoring them, are they transitioning to school or new class. Once you can determine the triggers of the behaviour you will be more able to find solutions to help your child to find another way of managing.
- 4, Knowing your child's unique characteristics and temperament? Helps you to identify how they can change the behaviours, for instance, they may have difficulty in concentrating and their distraction places them in trouble quite a bit. It could be that they get board easily, so having items to fidget with to keep them grounded will support them to concentrate.
- 5, Use the A-B-C strategy which means **A**ntecedent (what happened before the behaviour, what was the trigger for the behaviour) **B**ehaviour (what did the actual behaviour look like, what did they do?) **C**onsequences (what logical consequences can you adopt to affect a positive change in the child's behaviour. If you have adolescent children, it is always best to talk to them about logical consequences before instilling rules, so that they are aware that if a rule is broken, they know what the consequences will be.
- 6, Ignoring and praise is a powerful strategy but a difficult one for some parents to use, as parents will need to ignore the negative behaviours and praise the positive behaviour as soon as you see it! This decreases the negative behaviour and increase positive behaviours.
- 7, Talk to your children when they are calm, before you talk to them about their behaviour.
- 8, Reach out for support, there is a wealth of support in the local community. Speak to child's school or your Early Help Service. If you would like to make a referral you can download our referral form from [www.rbkc.gov.uk/earlyhelp](http://www.rbkc.gov.uk/earlyhelp) Please email the form to [earlyhelp@rbkc.gov.uk](mailto:earlyhelp@rbkc.gov.uk) and someone will contact, you regarding the help that can be offered.



**If you would like to talk to someone, please call Early Help on 020 7598 460**