QUICK TIPS FOR DEALING WITH BEHAVIOR PROBLEMS IN YOUNG CHILDREN

MANAGING STRESS
In stressful situations it is helpful to remember Dr. Bruce Perry’s 3 Rs.

REGULATE
• Stay calm
• Pay attention
• Use belly breathing
• Take a walk together
• Get a drink of water
• Massage or cuddle your child
• Identify a calming activity

RELATE
• Connect with your child
• Empathize and try to understand their perspective
• Name their emotions (ex: angry, jealous, confused)

REASON
• Once your child is calm, use problem solving skills to help your child understand the situation

DID YOU KNOW?
Emotional, relationship and behavioral problems affect 7% - 10% of preschool children.

TEMPER TANTRUMS
• Temper tantrums are a normal and common part of a child’s development
• They are most common between the ages of 1 and 3
• They typically improve with age

TIPS FOR PARENTS
• Recognize temperamental traits in your child and yourself, this helps with patience
• “Catch them being good” and compliment your child when they are
• Use distraction and redirection to calm your child
• Choose your battles, but don’t ignore hitting, biting, throwing
• Anticipate your child’s needs and know your child’s limits
• Use natural consequences and teachable moments
• Model positive behavior in difficult situations
• Take a time out for yourself

Source: healthychildren.org

For more information, please visit:
https://tinyurl.com/29ta2dhr