



# QUICK TIPS FOR DEALING WITH BEHAVIOR PROBLEMS IN YOUNG CHILDREN



## 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](http://healthychildren.org)

## 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



For more information, please visit:

<https://tinyurl.com/29ta2dhr>