Learning Care group

Positive Behavior at HOME

What Are Challenging Behaviors?

Physical behaviors, such as **hitting, kicking, and pushing,** may be a challenging behavior you are experiencing at home. Children often resort to physical behaviors to quickly get something they want or to get away from something.

What You May Be Experiencing

Physical behaviors can come in many different forms and can be upsetting for families. You may experience:

- Hitting
- Kicking
- Pushing
- Pinching
- Scratching
- Pulling Hair

Why Do Challenging Behaviors Occur?

Children are still learning how to express themselves in positive ways. One of the main reasons children engage in this type of behavior is because they are still learning how to effectively express their wants and needs. When children become frustrated, it is hard for them to stop and think of the words they need.

How To Support Positive Behaviors

- Give your child the chance to approach the situation differently
- Help them find the words to express themselves
- Remain calm
- Use clear, simple language
- Offer support during stressful situations

Additional Resources

Reframe it!
When your child does engage in this type of behavior, ask yourself "What are they trying to communicate?"

Practice Positive Guidance
Take the time to acknowledge positive behaviors. Try saying, "I noticed you walked away when you were upset. I'm very proud of you!"