FAMILY RESOURCES

Learning Care group

Positive Behavior at HOME

What Are Challenging Behaviors?

One challenging behavior children usually exhibit is defiance. **Defiance** is often displayed when children are feeling powerless. Children are constantly testing their limits and trying to navigate their independence.

What You May Be Experiencing

Defiance can look like many different things. It can be:

- Your child saying "no"
- Refusing to listen or comply
- Ignoring your requests
- Displaying anger

Why Do Challenging Behaviors Occur?

As children continue to grow and develop, they want to feel powerful and in control of their world. Therefore, they may display defiance to exert that independence. Also,keep in mind that children are still learning appropriate communication skills. Defiance may be the only way your child knows to express that they are feeling overwhelmed and powerless.

How To Support Positive Behaviors

- Use a calm tone
- Resist power struggles
- Compromise when you can
- Set reasonable limits
- Acknowledge and respond to your child's feelings in the moment

Additional Resources

"First, Then" Statements
Try using a "First, Then" statement to guide your child. For example, you can say, "First clean up the toys, then you can have a snack". This shows children what to expect.

Give Children Responsibility
In order to avoid a power struggle, offer your child choices. For example, "You can color in the living room or play with blocks in your bedroom."This allows children to feel in control of their day