FAMILY RESOURCES

Learning Care group

# Positive Behavior at HOME

## What Are Challenging Behaviors?

Children sometimes resort to **using words to hurt** the feelings of peers or adults. Often when a child is using words to hurt others, it is because they feel threatened by another person or situation. You can help build your child's self-confidence and help them develop empathy for others.

## What You May Be Experiencing

Things you may be observing include:

- Your child calling you or another child names.
- They may say things like, "I don't like you."
- Your child may say mean things out of anger.

## Why Do Challenging Behaviors Occur?

First, it's important to understand that a child's hurtful words are not about you as a parent. Children often use hurtful words when they are feeling angry, stressed, or don't know how to solve a problem. Therefore, we must give children the tools and resources they need to problem-solve and communicate effectively.

## How To Support Positive Behaviors

- Acknowledge your child's feelings and give them words to express those feelings
- Teach alternatives, such as walking away
- Manage your own reaction to the words
- Call out your child for using kind words

## Additional Resources

**Handling Conflict**
Teach your child the appropriate steps to handling conflict. Help them understand that they should use a respectful and calm tone. You can also work with your child to think of different things they can do when they are in a situation that makes them upset.

**Redirect the Language**
Most times; children do not realize that what they are saying can be hurtful. You can redirect their comments by saying, "I can see that your upset, but those words hurt. What are you trying to say? I can help you find other words."