

## What is the behavior telling you?

What is hiding behind the behavior? Behaviors are a form of communication. Young children are learning so many new things and developing so quickly that their communication skills have not caught up. Behaviors communicate feelings, wants, and needs. Some behaviors are productive and positive. Others are challenging and difficult. What is your child's behavior telling you?

### What you may experience

#### **Disruptive:**

- Yells and screams
- Defiant
- Tantrums
- Refusing to follow directions



### What does your child need?

- Unable to recognize emotions
- Needs coping skills
- Needs to practice calming strategies
- Practice problem solving
- Need to build self-confidence
- Wanting independence (Causes power struggles)

#### **Active and or Aggressive**

- Hitting, Kicking, Pushing
- Biting
- Jumps
- Rough plays
- Climbs



- Practice self-regulation skills
- Needs more movement
- Looking for sensory stimulation
- Needs coping skills
- Needs to learn calming strategies
- Sensory overload (Too many things happening at once and feeling overwhelmed)

#### **Withdrawn and or Shy**

- Hides
- Fearful
- Anxious
- Phobia
- Social isolations



- Unable to verbalize worries and fears
- Need to build self-confidence
- Practice building social skills
- Build communication skills
- Cautious and wants to understand the situation fully
- Sensory overload (Too many things happening at once and feeling overwhelmed)