

# WHAT BEHAVIOURS DO WE ATTEND TO?

## WHAT ARE THE PROBLEM BEHAVIOURS?



## HOW ARE YOU LIKELY TO RESPOND TO THESE BEHAVIOURS?



# UNDERSTANDING CHILDREN'S BEHAVIOUR

- ☺ **Attention** - Children want attention all the time and this is normal. They want attention above everything else and will work to get it in any way they can. This means that they might work to get negative attention (e.g. shouting at them).
- ☺ **Developmental stage** – what is normal in a child at one age may not be normal at another age. Younger children who have limited language, are striving for independence and testing the boundaries may have more temper tantrums. Emotional regulation problems at the age of 13 may be more challenging.
- ☺ **Trying to communicate** – there can be a huge spectrum of things a child is trying to communicate, for example feelings (frustrated, sad) and needs (tired, hungry, unwell).
- ☺ **Modelling** – children learn through watching other people. Research has shown that children copy the behaviours of those around them.
- ☺ **Interpretation of child's behaviour** – the way you make sense of your child's behaviour has an impact on how you respond. For example, if you think they haven't tidied their toys/ bedroom on purpose, you may feel angry and are more likely to punish them or shout. However, if you think they have simply forgotten, you are more likely to stay calm.
- ☺ **Routine** – Children thrive off consistency and predictability, so they respond well to routines.