



## **STRATEGIES FOR DIFFICULT BEHAVIORS IN CHILDREN**

### **Children's Care Connection (C3)**

#### **1. COMMUNICATION METHODS**

**Acknowledge children's feelings**

**Active listen**

**Use "I Messages" not "You Messages"**

**Be a positive role model**

**Take action early**

**Get your child's attention**

**Give clear, specific and concrete instructions**

**Allow children to make choices**

**Give children transition time**

**Explain the reasons for rules and limits**

**Keep messages short and to the point – avoid lecturing**

**Use specific, positive feedback and encouragement**

**Ignore as much attention getting behavior as possible**

**Compromise and negotiate**

**Problem solve**

**\*DO SPECIAL TIME FOR 20 MINUTES 3 – 7 TIMES PER WEEK\***

#### **2. ENVIRONMENTAL CONTROLS**

**Modify the environment to make it "kid-friendly"**

**Substitute an appropriate activity for an inappropriate activity and redirect the child ("You can't jump on the couch because you might fall, so let's put some pillows on the floor and that would be a safer jumping place.")**

#### **3. POSITIVE CONSEQUENCE METHODS**

**Natural and logical consequences**

**Star charts and other reinforcements**

**Positive, specific feedback and encouragement**

**Contingencies ("When you do your homework, then you can watch TV.")**

#### **4. NEGATIVE CONSEQUENCE METHODS**

**Natural and logical consequences**

**Time out (as a calming down time)**



Funded by the First 5 Commission of San Diego

Come and learn  
effective techniques  
to help with problem  
behaviors!

## Parent Coaching!

Individual Help for Questions and  
Concerns About Child Behavior

An opportunity for parents to meet with  
a behavior specialist, to get specific  
information about their behavioral concerns,  
and to design a plan for change.

## What Will I Learn?

- How to understand and work with your child's temperament
- Common "triggers" of behavior problems
- Strategies for redirecting your child's behavior and coping with problem situations

To schedule an appointment time, please call

(858) 966-8931

A great opportunity to get help with problem behaviors:

- Tantrums
- Hitting and other aggressive behaviors
- Sleeping issues
- Sibling rivalry
- Not listening, refusing parental requests

