

Steps for parents to manage challenging behaviours



Step 1: Act Calm

Take a deep breath and regulate your own feelings by placing your hand on your belly to physically connect with the rhythm of your breathing. This will help you to relax and calm down.



Step 2: Acknowledge your child's feelings.

By acknowledging your child's feelings, wishes and wants and verbalising your understanding to them. This conveys acceptance of your child's motivations.



Step 3: Communicate the limit.

Limits should be specific and must clearly outline exactly what is being limited.



Step 4: Target an appropriate alternative.

By Providing an acceptable appropriate alternative that allows your child to have the original feeling, wish or want.