

Demystifying Challenging Behaviors in Young Children

Dr. Nnenna Franciamore
HBCC Specialist National Center
NYC

Welcome & Check -in

- Please introduce yourself: where are you from, what agency do you work for, what's your role.
- How do you feel based on the animal memes?



Expectations for our time together



BE PRESENT



BE CURIOUS



BE MINDFUL

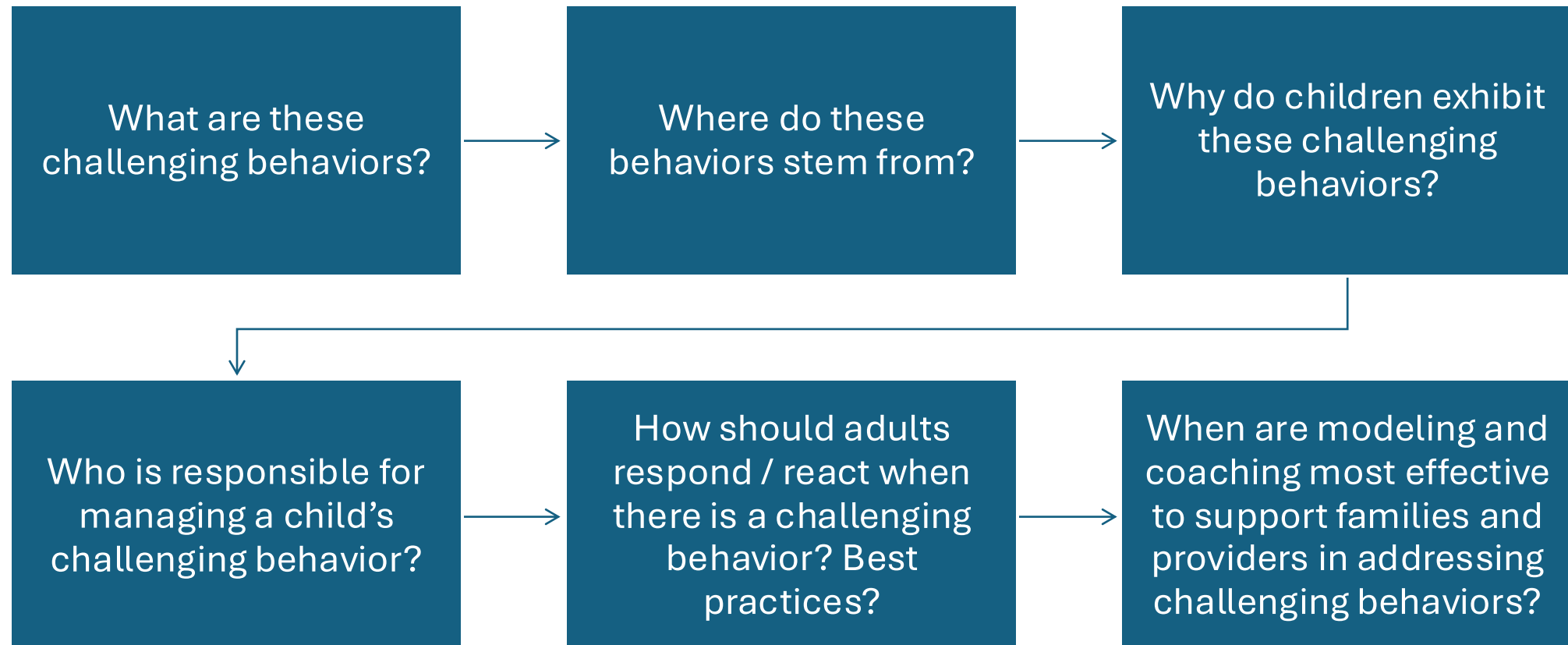


BE ENGAGED



BE GIVING

Essential Questions



Reflect

What is a label you received as a child with regards to your behavior?

In looking back why did you behave like that?

What does this tell you about behavior?



What are some
challenging behaviors
we observe in young
children?



Where do challenging behaviors stem from?

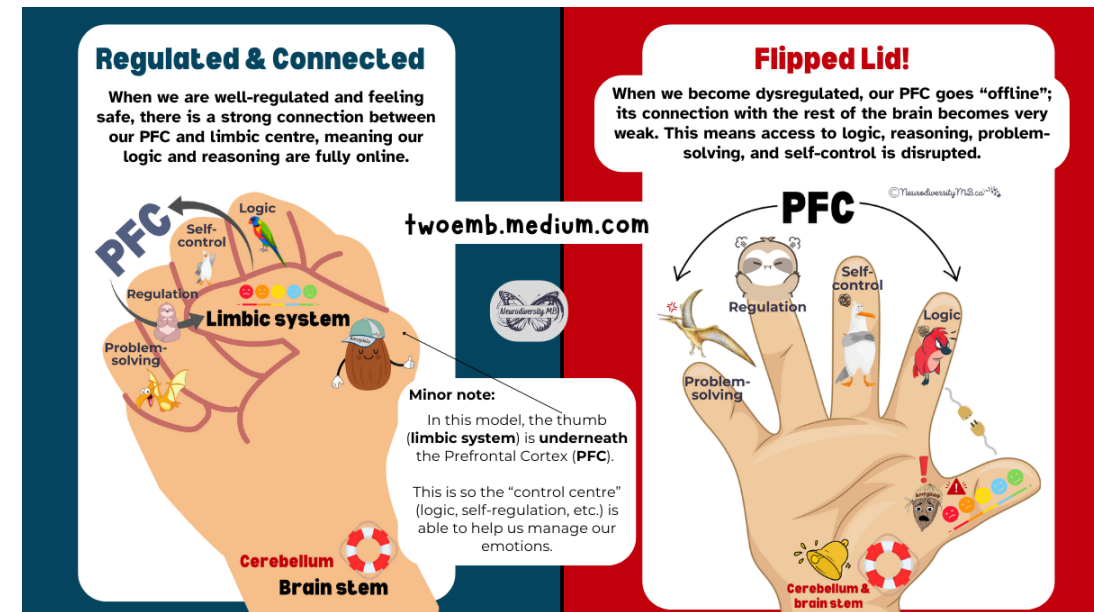
The child's behavior is a form of communication. The behavior communicates that the child has a need that is not being met, or the child is still developing in a specific social emotional skill.



Maslow's hierarchy of needs

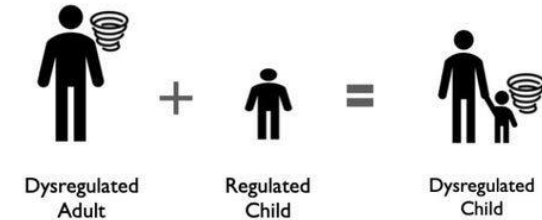
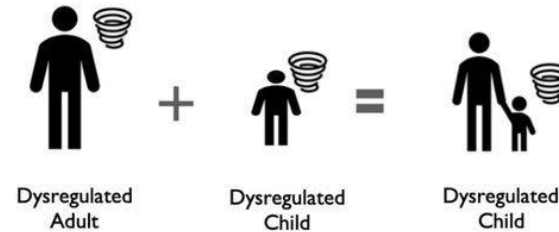
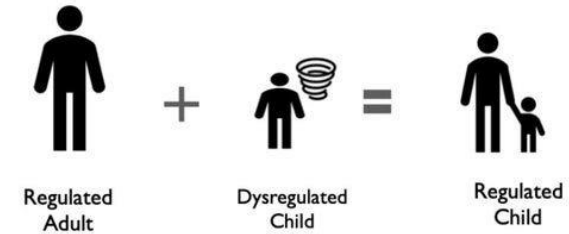
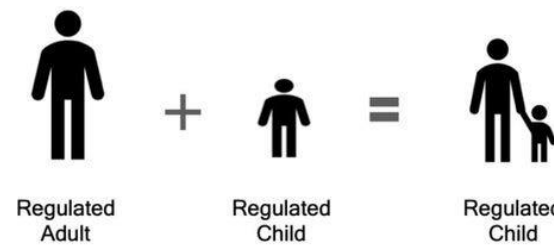
Why do young children exhibit these challenging behaviors?

Young Children do not have fully developed brains which makes it hard to be self-aware, self-manage, and self-express when they have big emotions.



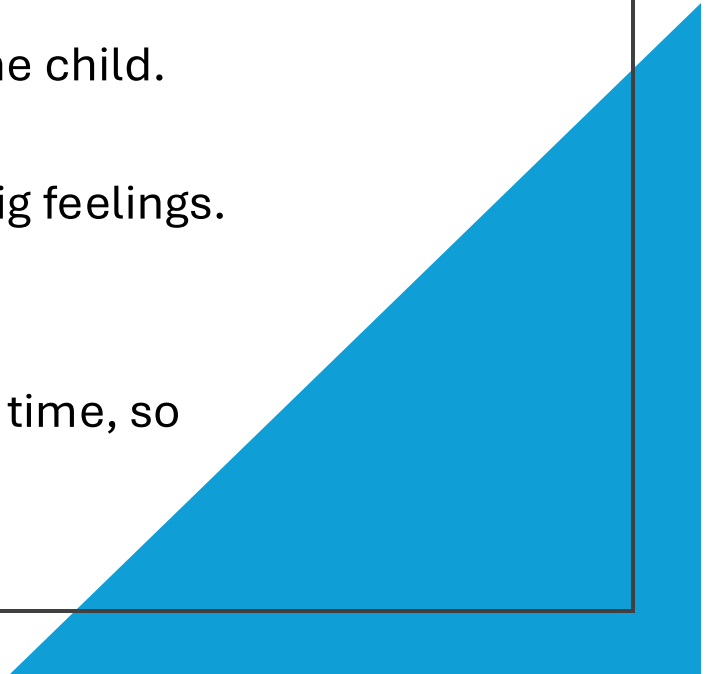
Who is
responsible for
managing a
child's
challenging
behavior?

Dynamics of Co-regulation



How should adults respond when there is a challenging behavior? Here are a few best practices...

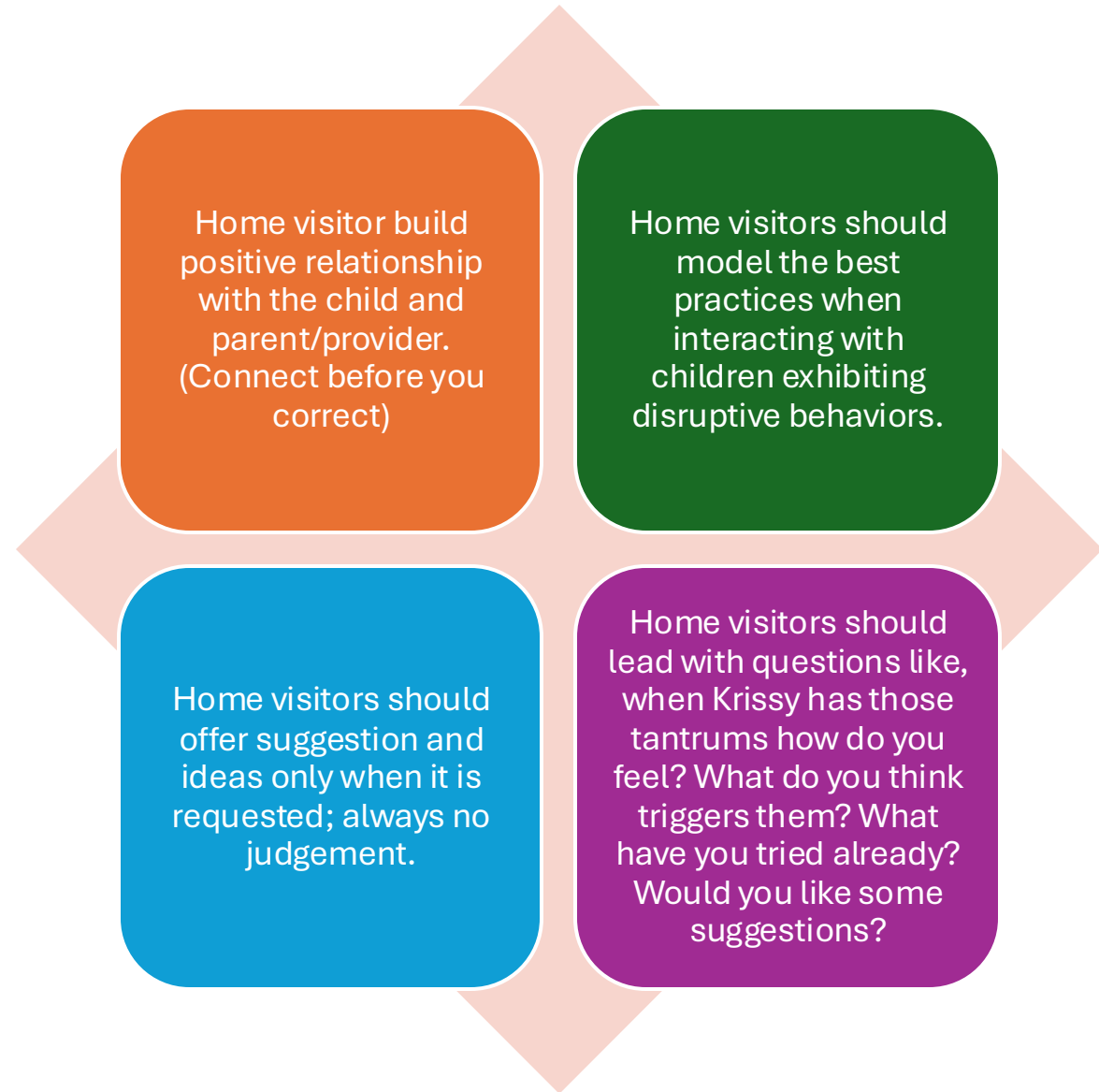
- Take a deep breath, drink some water. Be aware if you are triggered.
- Ask yourself is the behavior developmentally appropriate?
- Connect before you correct.
- Ask does this child have a need I can meet, if you don't know ask the child.
- Meet sensory needs
- Model and teach social emotional skills by naming and validating big feelings.
- Take a note of when the behavior happens and plan ahead.
- Redirect, offer choices, allowing for logical consequences.
- Remember no child is giving you a hard time, they are having a hard time, so respond instead of react.

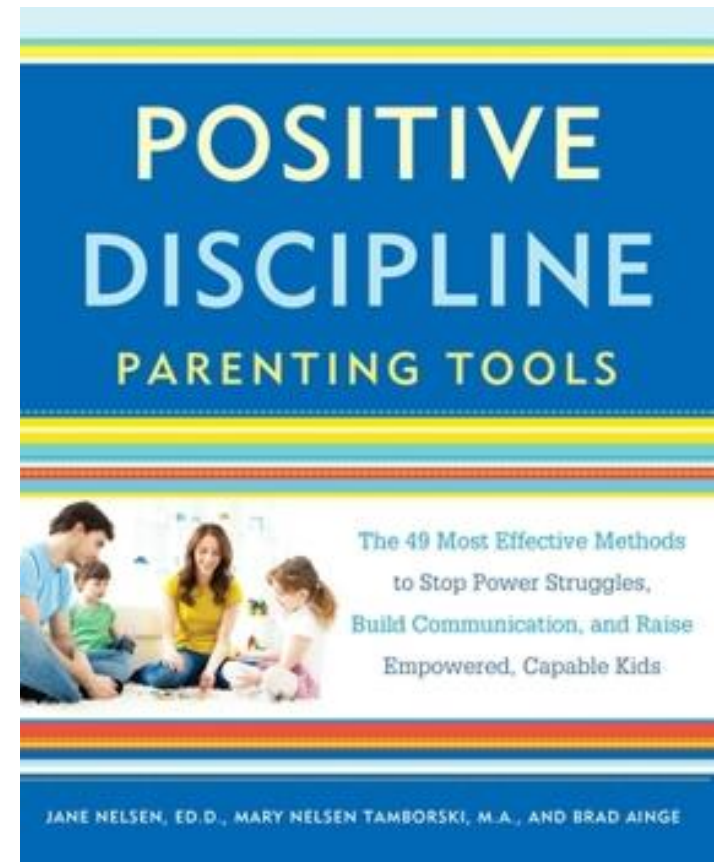
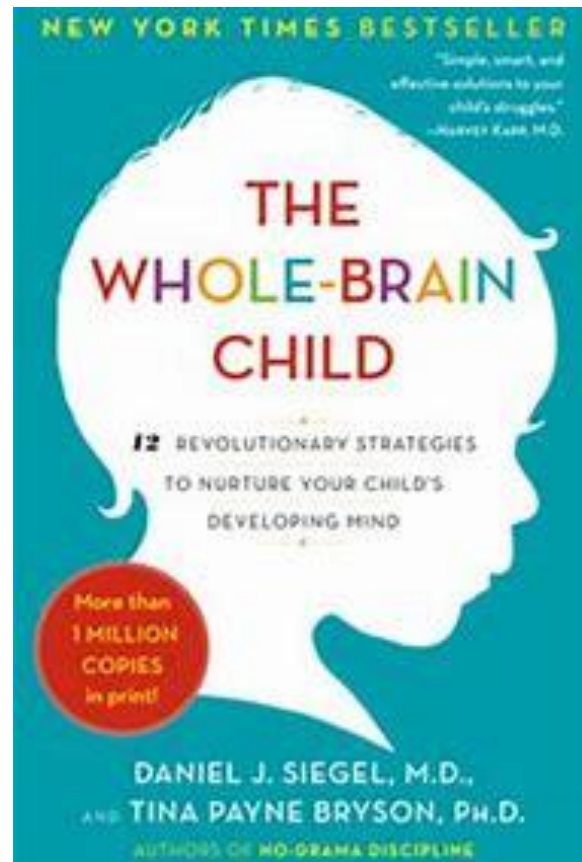
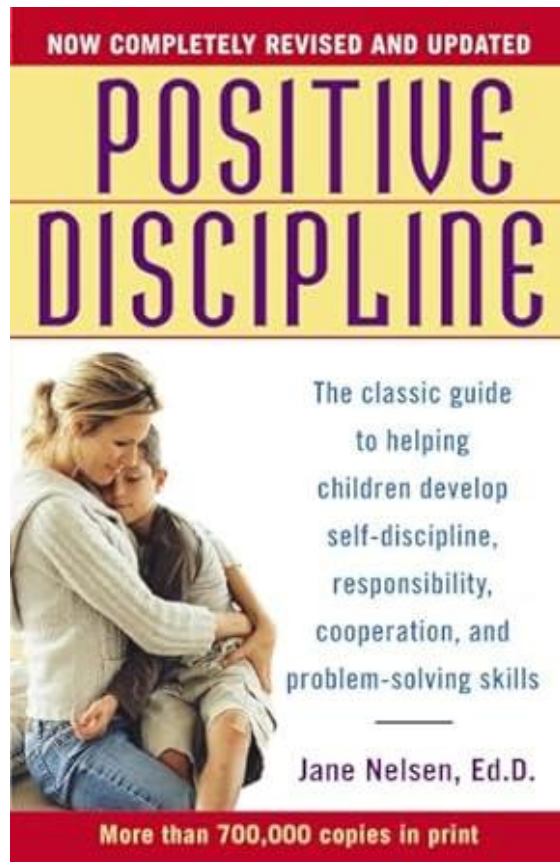


Let's practice reframing our thinking:

| Observed Behavior | Reactive View/Approach | Responsive View/Approach Consider needs and skills |
|---|---|--|
| Child throws tantrum at the store because she wants a candy at the counter doesn't get what she wants at the counter. | This child is a spoiled brat, and only wants what she wants, she will not be getting anything from the store ever, or let me just give her what she wants this is embarrassing. | Take a deep breath and think.. It is close to lunch and nap time does this child need a snack and a nap, let me offer a choice of something I am already purchasing, and some water, also maybe we need practice on handling disappointment, and using words to express disappointment |
| | | |
| | | |
| | | |

Addressing challenging behavior during home visiting





Great Resources for Understanding and Promoting
Positive Behavior in Young Children.



Head

What have you learned?



Heart

How do you feel?



Hands

What are you going to do?

Ending Reflection

Thank you for your time and
attention.

Please scan the QR CODE for a
quick survey!

