

Eight Practical Tips For Parents of Young Children With Challenging Behaviors

Has life with your young child become filled with conflict and confusion? Does it seem as if even the simplest activity can turn quickly into disaster when your child's behavior is out of control? Are you beginning to feel as if things are getting worse instead of better? You're not alone. Many, if not most, parents find themselves struggling with the challenging behavior of their young child at some point in time. The good news is that there are things that you can use to handle these behaviors..

Tip #1: Keep Your Expectations Realistic

Tip #2: Plan Ahead

Tip #3: Clearly State Your Expectations in Advance

Tip #4: Offer Limited, Reasonable Choices

Tip #5: Use "When...Then" Statements

A "when...then" statement is a simple instruction that tells your child what he or she must do in order to earn a desired consequence (what he/she wants to do).

Tip #6: Catch Your Child Being Good

Tip #7: Stay Calm

Tip #8: Use Neutral Time

You can talk about what happened earlier and talk about positive ways to handle problems in the future. The challenge is to identify neutral time and make use of these opportunities.

Parents should ask questions and seek the advice of other parents and early childhood professionals. For more information, contact Dr. Barry Kaufman (517- 887-5259) with Clinton-Eaton-Ingham Community Mental Health (CEI-CMH).

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