

tips on managing children's challenging behaviour



UNIVERSITY OF GUELPH

a quick guide from the Guelph Family Health Study

- **Model** good behaviour for your child

"Mommy is really frustrated right now. Please help me calm down by taking 10 deep breaths with me."

Encouraging Good Behaviour

"Good job cleaning up your toys!"

- **Reinforce** positive behaviour with acknowledgement and praise.

Set SMART Goals:



- **Specific**
- **Measurable**
- **Achievable**
- **Relevant**
- **Timely**

Reducing Problem Behaviour

- Be clear and consistent
- Have face-to-face conversations about rules as a family
- Give consequences or rewards immediately after the behaviour
- Use warnings to help with transitions to new activities



"10 minutes to dinnertime!"

Managing Sibling Rivalry

- Listen to both sides of the story fairly, regardless of age
- Remain calm and speak slowly at a low volume. This can help bring down the level of conflict.
- Emphasize cooperation and work together to come up with a solution



Challenging Behaviour

Katrin Zwirgmaier



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