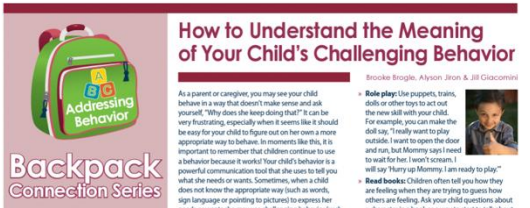




Pyramid Pages

News & Tools for Parents & Early Childhood Providers

Social emotional learning and development is fundamental to children’s success in school and beyond, and it’s importance is understood now more than ever. The Pyramid Model promotes young children’s healthy social and emotional development; and provides tools, strategies, and resources for caregivers and families.



How to Understand the Meaning of Your Child's Challenging Behavior

Brooke Brogie, Alyson Jiron & Jill Giacomin

As a parent or caregiver, you may see your child behave in a way that doesn't make sense and ask yourself, "Why does she keep doing that?" It can be very frustrating, especially when it seems like it should be easy for your child to figure out on her own a more appropriate way to behave. In moments like this, it's important to remember that children continue to use a behavior because it works! Your child's behavior is a powerful communication tool that she uses to tell you what she needs or wants. Sometimes, when a child does not know the appropriate way (such as words, sign language or pointing to pictures) to express her

- **Role-play:** Use puppets, trains, dolls or other toys to act out the new skill with your child. For example, you can make the doll say, "I really want to play outside. I want to open the door and run, but Mommy says I need to wait for her. I won't scream. I will say 'Thank you Mommy. I am ready to play!'"
- **Read books:** Children often tell you how they are feeling when they are trying to guess how others are feeling. Ask your child questions about

Click to Read: [Understand the Meaning of a Child's Challenging Behavior \(English\)](#)

How to Understand the Meaning of a Child's Challenging Behavior

As a parent or caregiver, you may see a child behave in a way that doesn't make sense and ask yourself, "Why does he or she keep doing that?" It can be very frustrating. Sometimes, when a child is overwhelmed by strong emotions or does not know the appropriate way (such as words, sign language or pointing to pictures) to express needs or wants he or she may use challenging behavior (such as hitting or screaming) to communicate.

Children use challenging behavior to either:

- 1) Get something, such as attention or a toy, or
- 2) Get out of doing something, such as going to bed, eating a new food or getting buckled in the car seat.

The first step to help a child learn a new appropriate behavior is to determine if he or she wants something or wants to avoid doing something.

For some ideas for parents and providers on how to do this, check out the Backpack series like the ones shown here in English and Spanish--also available in many other languages on: Challengingbehavior.org



Cómo comprender el significado de la conducta desafiante de su niño

Brooke Brogie, Alyson Jiron y Jill Giacomin

Como padre o maestro, usted puede ver que el comportamiento de su niño no tiene sentido se preguntará, "¿Por qué sigue comportándose así?" Puede ser verdaderamente frustrante, especialmente cuando parece que debería ser fácil para que ella descifre por sí sola una manera más apropiada de comportarse. En momentos como éste, es muy importante recordar que los niños utilizan un comportamiento porque les funciona. La conducta de su niño es una herramienta de comunicación poderosa que ella utiliza para decirle que quiere algo. A veces, cuando un niño no conoce la manera apropiada de expresar sus sentimientos, necesita un método para expresar sus necesidades o deseos puede utilizar una conducta desafiante. Es como preguntar, gritar o escapar para comunicarse. La conducta desafiante le otorga a los niños la capacidad de

Por ejemplo, usted puede hacer que la muñeca diga, "¡Quiero jugar afuera. Quiero abrir la puerta y correr, pero mamá dice que tengo que esperar. No grites. Dijo, 'Aproximate mamá. Estoy lista para jugar.'"

• **Leer libros:** Los niños a menudo se emocionan cuando están aprendiendo cuando intentan activar como se están aprendiendo los demás. Hágale preguntas a su hijo acerca de un personaje de un libro como una manera de enseñar una plática sobre el comportamiento de su propio niño. Por ejemplo, "¿Ella

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Resources

- o Video: Understanding Challenging Behavior: Understanding Challenging Behavior: <https://youtu.be/acAJsIEKxzg>
- o To learn more, here is a webinar that can help: <https://www.youtube.com/watch?v=sktbpaT8Q-M>
- o For more information: email us at CTPyramid@gmail.com

