



## Understanding Behavior

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**Disruptive-** Try to understand the purpose for the intense behavior.

- Help the child to not become over stimulated. (What's the meaning?)
- Give breaks
- Give opportunity to expend his/her energy
- Help child regain control

**Defiant-** Understand child's need to feel in control.

- Games where the child dictates the rules and wins
- Show respect and help the child understand others' point of view
- Role playing

**Explosive-** Analyze what brings on the explosive behavior.

- Distraction, engagement in something else
- Help child be prepared
- Process the explosive behavior after it is over

**Angry and Aggressive-** Irritable, easily frustrated, feels successful if

- Talking
- Eliciting compassion
- Catching the child doing the right thing
- Maintaining kind and firm stance in limited setting
- Suggest alternatives

**Noncompliant Child-** Understand why the child is so

- Use low voice and try to have the child look at you
- Do not engage in battle of wills
- Get attention of the child before you give instructions

### **Negative Influences**

- Lack of sleep (short attention span, irritability, unfinished activities)
- Child Abuse or Neglect (withdrawn, aggressive- takes out anxiety on other kids or teachers)
- Violence in the home (extreme anxiety level, withdrawn and very depressed, poor attendance record, constant seeking of attention)
- Malnutrition (hyperactivity, drowsiness, loses temper, irritability)
- Excessive TV Watching (short attention span, extreme aggressiveness, difficulty following directions, unfinished activities)
- Parental Pressure (immaturity, overwhelmed by the task, lack of involvement, unfinished activities)

