

## Addressing Challenging Behavior

### Helpful Questions to Ask

- Why is this specific behavior a concern?
- Where else does the behavior occur?
- How long has it been happening and when did it start?
- When and where does it happen? Is there a specific time or place?
- Does it involve certain people?
- What is the result of the behavior?
- What has been done to help the child change his behavior?
- Why do you think the child is acting or behaving this way?

### Behavior Change Guide

- Define the behavior or problem in a short sentence, for instance, “Jerry throws the blocks at Sarah whenever she comes into the block area.” Include only one behavior in the sentence.
- Gather information: when, where, what is happening before, during, after the behavior occurs. Track the behavior for two or three days looking for patterns of behavior.
- Create Ideas. Brainstorm possible solutions to the behavior or situation.
- Invite the family to be a part of the solution. Respect their ideas about what would help their child the most.
- Choose one or two ideas to try both at child care and at home.
- Communicate the plan. Make sure everyone involved understands their role. Have a written statement of the plan to give to the parents and to the teachers (a summary of the child conference, decisions made, and everyone’s role in the plan).
- Set a clear beginning and ending date. Monitor the plan.
- Evaluate the plan. Meet with the family again. Ask “how did the plan work?” or “What was successful?”