



# What Is My Child's Behavior Trying to Tell Me?

## Behavior = Communication

Every behavior — even the tough ones — tells us something.

Children might not say:

- “I’m overwhelmed.”
- “I’m confused.”
- “I want your attention.”

But they’ll show us in other ways: hitting, throwing, screaming, shutting down.

## Try This Exercise – The 4Q Reflection

The next time a behavior happens, take a moment and ask yourself:

1. What was happening right before the behavior? (What triggered it?)
2. What do I think my child was trying to say? (What need were they expressing?)
3. What did I do in response?
4. What could I try next time to meet that need more calmly?

Use the space below to write a quick reflection:

Question	Notes
What happened right before the behavior?	
What was my child trying to communicate?	
How did I respond?	
What could I try differently next time?	

## Aha Moment:

Once you see behavior as communication, you shift from reacting to responding with intention. That’s the first step toward long-term change — and what we teach in our program.