

How to Respond to “Misbehaviors”

Common worried behaviors and how to help

What you See	How to respond
<p style="text-align: center;"><i>Sensitive Behavior</i></p> <ul style="list-style-type: none"> • Cries over the smallest things • Gets sad when you leave • doesn't like being alone • Can't watch super sad movies 	<ul style="list-style-type: none"> • Get down on the child's level • Say “I notice your are crying, can you tell me about your worry?” • Try using visual schedules so they can see the time passing • Prep the child before the potential trigger.
<p style="text-align: center;"><i>Angry Behavior</i></p> <ul style="list-style-type: none"> • Yells and Screams often • Throws things and is destructive • Crosses arms and shuts down • Shouts “I hate you” or “Go Away” 	<ul style="list-style-type: none"> • Don't take the anger personally • Remind your child of limits” you may not throw the ball, you may (give reasonable alternative) • When you child is not upset slowly introduce a new calming strategy (deep breathing, ect.) • Work on emotion coaching, to help the child recognize own triggers.
<p style="text-align: center;"><i>Perfectionist Behavior</i></p> <ul style="list-style-type: none"> • Nervous about breaking the rules • Can't handle getting things wrong • Doesn't ever want to miss school • Scare of answering things wrong • Struggles with constructive criticism 	<ul style="list-style-type: none"> • Help the child recognize when they are using “thought monsters” to only see the negatives • Help the child connect thoughts and actions using words like, “I know you feel..., what can we do about that?” • Create a journal for them to express their worries.
<p style="text-align: center;"><i>Shy Behavior</i></p> <ul style="list-style-type: none"> • Hides behind legs • Scared of new people • Fearful of change • Doesn't like going new places • Prefers playing with “familiar” friends 	<ul style="list-style-type: none"> • Make visual reminder of transitions and change • Reassure the child that it is ok to be “nervous” about new things • Introduce new adventures slowly with repeated exposure • Role play what could happen with a new person
<p style="text-align: center;"><i>Over-Excited Behavior</i></p> <ul style="list-style-type: none"> • Becomes hyper • Says inappropriate things around others • Makes jokes at inappropriate tiems • Jumps on furniture • Plays rough with others 	<ul style="list-style-type: none"> • Create a chart to help the child gauge their activity level • Present the child with a toolkit of calming strategies and role play using them • Bring your child's excitability to their attention “I notice you are ..., Why don't we try... “