



Top Tips for dealing with older  
children's challenging behaviour



- Don't yell, challenge or mirror their behaviour
- Don't try to reason, wait until you have both calmed down, then talk about it.
- Pay attention to their reactions
- Think about what is behind the behaviour
- Pause, breath, smile
- Establish the boundaries and consequences with your children, so that they know what the expectations are
- Don't get physical with your child
- Don't freeze up and become overwhelmed so that you give in
- Don't start giving out consequences in the middle of a disagreement, Wait until they have calmed down and discuss the consequences and what behaviour (not the emotions) was inappropriate and unacceptable
- Role model appropriate responses, for example when you are angry
- Explain how you are feeling- I am feeling frustrated so I am taking a break- I'm really upset, I'm going to wait until I am calm then we can talk.
- Give consequences for the bad behaviour (swearing, breaking things not the anger)
- Take a break, do something on your own for a while and allow your child to do the same
- Instead of go to your room for an hour, try when you feel better, not upset anymore you can come and join us
- Be the calm in your child's storm