

Strategies for managing young
children's challenging behaviour:



- **Pre-empt** (where possible) what might happen, are they hungry, tired unwell.
- **Distraction** such as shall we read a book, sing a song or say CBeebies is about to start.
- **Change the environment** another room in the house, outside, garden or park
- **Choose your battles** and do not respond to everything your child says. If they say I hate you, say well I love you, turn their statement into a positive, or just ignore their verbal rant and do not take it personally.
(Good preparation for all stages of childhood, especially the teenage years)
- **Plan ahead.** for example ensure you leave enough time to get ready and leave the house
- **Stay calm and firm.** If your child is demanding another biscuit and you feel they have had enough, say 'That's enough', stay firm and move and focus on something like. tidying the kitchen
- **Breathe or count to 5 or 10,** whatever number works for you
- **Cuddle** your child.
- **Acknowledge your child's difficult feelings,** I know that you are upset because you want Jo's toy. This can prevent the tantrum escalating and give your child a chance to reset their emotions.
- **Encourage your child to express how they are feeling.**
- **Have age related expectations and focus on the reality of the situation**
- **Be consistent and calm in your approach** ,it is confusing for a child if sometimes you give them what they want and sometimes you don't. The tantrums could get worse.
- **Take charge when you need to,** if your child is having a tantrum because he wants something do not give it to him. If the child doesn't want to get out of the bath, it might be safer to take the plug out than trying to pull them out of the bath.
- **Talk quietly,** lower your voice rather than trying to compete with your child's loud voice.
- **Remember you are the calm in your child's storm**