

Why is this happening? A New Way of Looking at Behavior

Description: Together we will look underneath disruptive behaviors to find the root causes and to better understand why they happen. We will develop a sense of empathy as well as a new lens to look through when observing behaviors that we find stressful. Everyone will leave with at least two new tools to use with children.

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Session Resources

Behavior Question Checklist _____ 2



When facing a challenging behavior, reflect upon the following questions to help guide you toward the most effective tool to try first

1. Is there a sensory or physical component to this behavior?

Is it possibly too bright, loud, crowded, or overstimulating in this space? Could a break help?

Does the child seem to be seeking sensory input that I should be providing?

Is the child simply hungry, tired, or not feeling well?

2. Could I be using non-verbal communication or visuals to relay information instead of saying everything verbally right now?

Is it possible the child is having difficulty processing my words and is feeling overwhelmed?

Is it possible the child is feeling frustrated over not being able to communicate needs and wants and would benefit from using a visual?

3. What interests or abilities does the child have that can be used right now to redirect, motivate, encourage, or build self-esteem?

4. Does the child just need to feel heard?

Can I validate the frustration or intense feelings that are being displayed as a way to show my support and not escalate the situation?

Can I offer tools for releasing emotions safely, such as a ball to squeeze, a pillow to punch or papers to shred, and model how to use these tools as I sit with the child?

5. Is the child looking for attention?

Can I create a moment where the child has an opportunity to do the right thing so I can notice and compliment the behavior?

6. Is the child looking for control?

What job, special opportunity to help, or choice can I offer so the child feels empowered, important and more in control?