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No More Misbehavin': Difficult Behaviors in Young Children and How To Stop Them

- Behavior is learned so therefore it can be unlearned
 - If a child is misbehaving, you need to figure out what you will do differently in order to see a change in your child.
- Most Behaviors:
 - Learned
 - Changed- need intervention
 - Need replacer (Don't try to do this alone)
 - Demand practice and consistency
 - Thrive on encouragement
- 3 Parenting Practice that influence children's behavior
 - Unconditional Love and Acceptance (Don't raise test scores instead of humans)
 - Fair Expectations in a Structured Environment (clear list of expectations)
 - Respectful and Democratic (Opportunities to be listened and heard)
- Prepare for Change
 - Commit
 - Target 1 behavior
 - Use a journal - notice how other adults interact after child's negative behavior
 - Talk to caregivers
 - Get support
 - Don't give up!
- Yelling Whining and Back Talk
 - Help your child use respectful ways to get his needs met
 - Story of Ricky: positive attention, be present, Emotions Coaching- Emotions are normal ("that must've made you feel proud") - based on the research of [John M. Gottman](#)
- Boost Good Listening
 - Model
 - Attention First
 - Give Warning
 - Lower Voice
 - Keep it Short
 - Rewind - "Tell mommy what mommy just said"
- I Messages
 - I feel _____ When You _____ and I want you to _____
 - When a temper tantrum is on the horizon, say the emotion when the child is mad or angry. Tell them they look mad.
- Back-Talk and Yelling
 - Stay Calm
 - Do NOT yell back

- Use Hand Signal
- Teach how to express needs
- Set Zero yelling policy
 - #1 reason kids yell is that they copy it! What are your kids copying from you?
- Ask child to use I Message
- Behavior is like the ICEBERG theory. What is the *why* below the surface?
- Reasons kids act up - track the patterns
 - Boredom
 - Hunger
 - Attention
 - Fatigue
- Stress -> Anger warning signs (try and focus on the signs prior to the meltdown)
 - Flushed cheeks
 - Pounding heart
 - Rapid breathing
 - Pacing feet
 - Clenched hands
 - Louder voice
 - Tight jaw
 - Can't think
- *Your voice becomes the child's voice*
- Curb frustrations
 - Identify times
 - Anticipate
 - Distract
 - Label feelings
- Strategies to get them to calm down - teach when child is calm NOT when stressed
 - Slow, deep breaths: bubble breathing, buddy breathing, yoga, blow feather - model the strategy
 - Find a peaceful place in their mind
 - Make a Stress Box (load the box with things that reduce their stress) Give them options. Add to the stress box weekly that is unique to each student.
 - Sand and water. OPEN THE DOOR AND GO OUTSIDE (450 an hour to tell parents that)
 - Soothing Music (make a stress playlist)
 - 1 + 3 + 10.
 - 1 - Say "Calm Down"
 - 3 - three deep breaths
 - 10 - count slowly to ten
- Self-centered
 - Eye contact, appropriately smile, encourage their friends: reinforceable behaviors

- Students who are more likely to be bullied look vulnerable. Those students who look down are more likely to be bullied.
 - Empathy Formula
 - Feels + Needs
 - “How would *you* feel if that happened to you?” “How does your friend feel?”
 - Praise kindness/caught being kind. The fastest way to change behavior is to focus on expected behavior then correct unexpected behavior
 - CARE Discipline (Inductive Discipline)
 - Call out “uncaring” behavior right away in a private conversation (no public shaming)
 - Assess impact
 - Reflect feelings
 - Express disapproval
 - Bibliotherapy: reading/book therapy: boosts vocabulary, attention span and empathy. *The Wednesday Surprise* by Eve Bunting
 - DON'T STOP READING TO YOUR KID!
- It will take 21 days in order to change a behavior - make a 21 day promise/goal with student or child