

SUPPORTING KIDS WITH CHALLENGING BEHAVIOR



A child's behavior is influenced by numerous factors. Unfortunately, responding to difficult and challenging behavior is a struggle for both teachers and parents.

A professional assessment will determine the underlying causes of problem behavior and will be used in creating a treatment or therapy plan.

FACTORS INFLUENCING CHILD BEHAVIOR & DEVELOPMENT

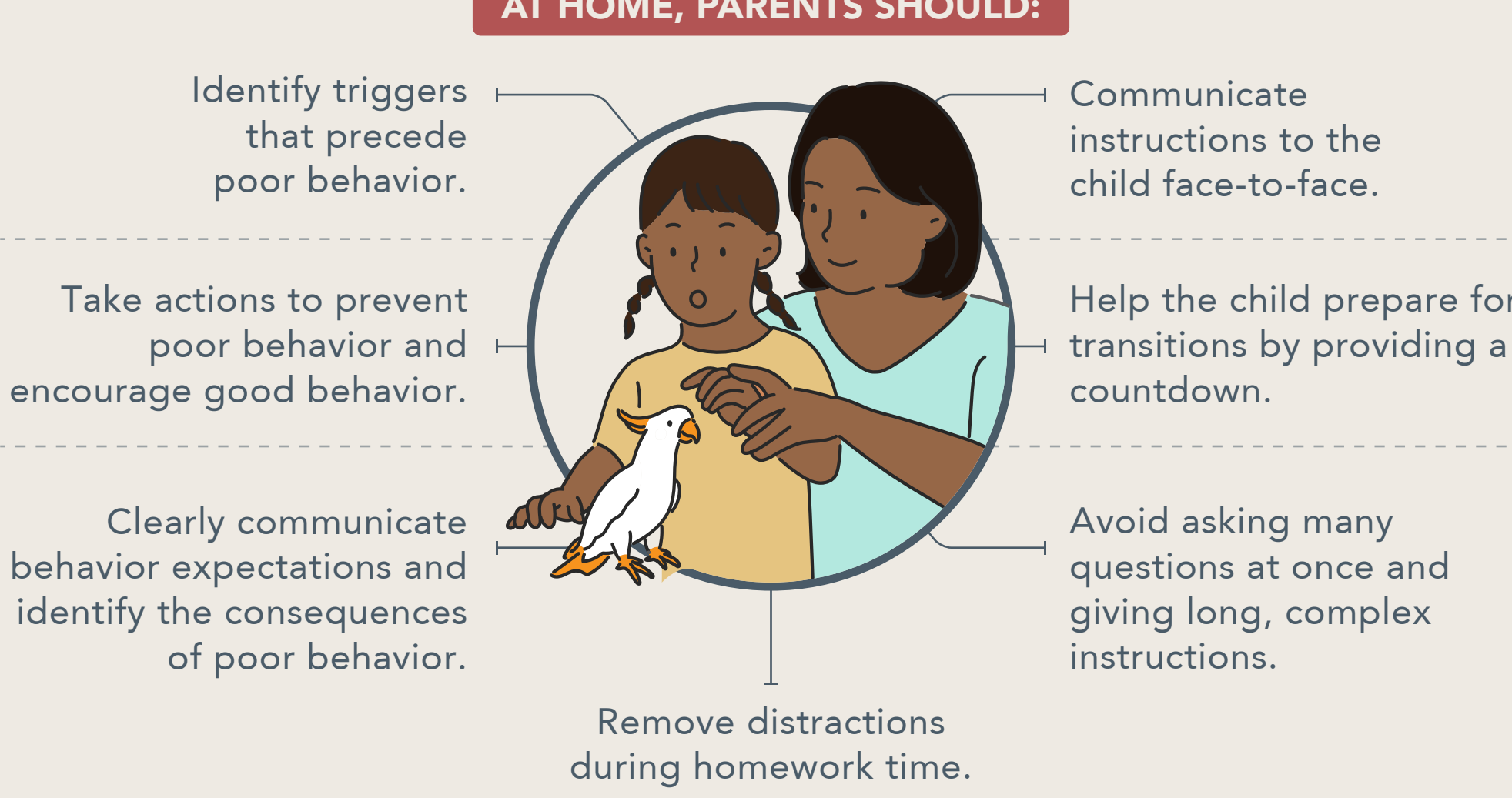
One way teachers and parents can directly influence a child's behavior is by making changes to the environment.

MAKING CHANGES

TO HELP A CHILD IMPROVE HIS OR HER BEHAVIOR, A TEACHER CAN:



AT HOME, PARENTS SHOULD:



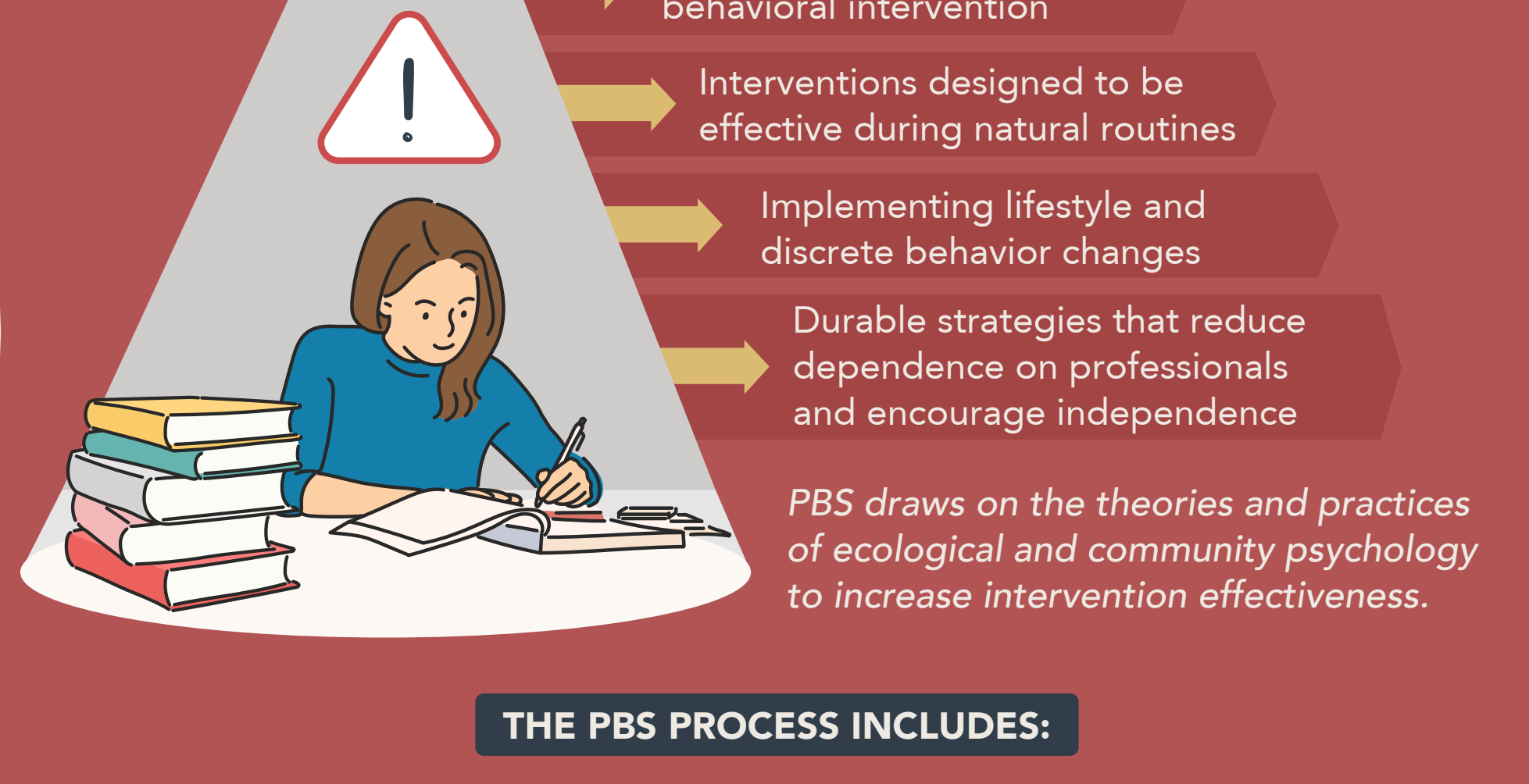
RESPONDING TO DIFFICULT BEHAVIOR

Behavior analysts use various techniques and approaches to intervention to help a child improve his or her behavior.

POSITIVE BEHAVIOR SUPPORT (PBS)

PBS is defined as "a process that combines evidence-based practices from applied behavior analysis (ABA) and other disciplines to resolve behavioral challenges and improve independence, participation and overall quality of life of individuals living and learning in complex community environments," according to an article published by the Association for Behavior Analysis International (ABAI).

THE MAIN FEATURES OF PBS INCLUDE:



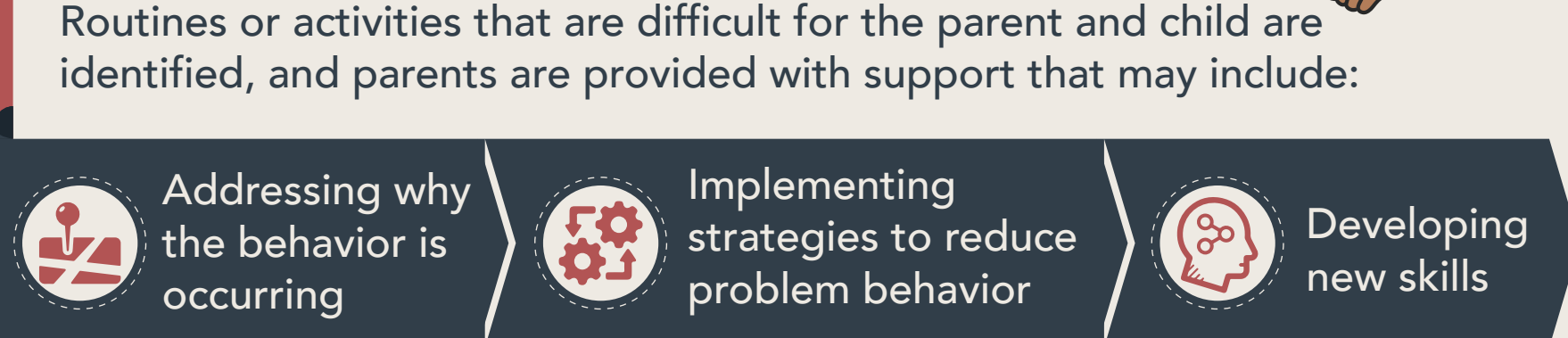
THE PBS PROCESS INCLUDES:



FUNCTIONAL ASSESSMENT-BASED INTERVENTIONS

THE CHARACTERISTICS OF AN EFFECTIVE INTERVENTION APPROACH:

Routines or activities that are difficult for the parent and child are identified, and parents are provided with support that may include:



INTERVENTION APPROACHES ARE FAMILY-CENTERED

Intervention approaches are aimed at improving parents' abilities to:

- Read the child's emotional and social cues
- Encourage the child's development of self-regulatory behavior, problem-solving skills and emotional expression

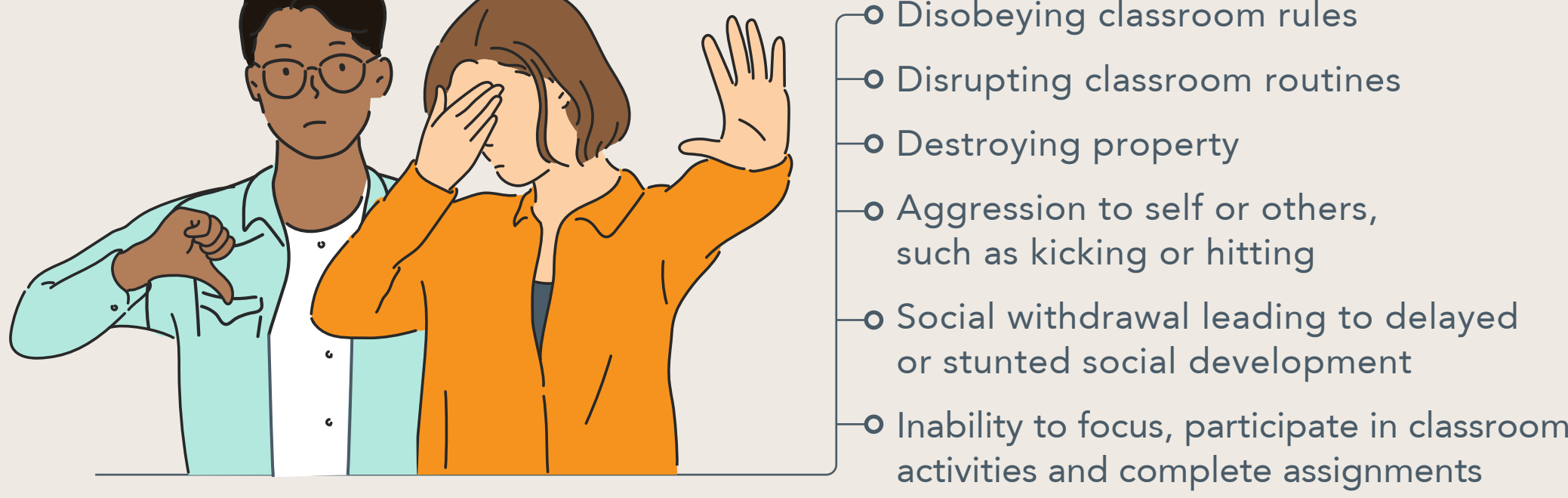
WHEN TO REACH OUT TO A PROFESSIONAL

There is only so much teachers and parents can do. In some situations, it may be necessary to reach out to a professional for help.

CHALLENGING BEHAVIORS THAT WARRANT INTERVENTION

When a child's behavior persistently interrupts participation in school, interaction with peers, learning, growth and social development, it is time for parents to reach out to a professional for assessment and intervention.

A child exhibiting the following difficult behaviors or symptoms of disorders may benefit from intervention:



OBTAINING PROFESSIONAL SUPPORT

Parents should first consult with a pediatrician to address any medical concerns and obtain a referral to an ABA service provider. Accessing the right services for a child's specific needs can make a big difference, not just for the child's life but also for the parents.

ONCE A CHILD HAS BEEN PROPERLY ASSESSED, THERAPY OPTIONS MAY INCLUDE:

- BACB**: Parents should verify certification status using the Behavior Analyst Certification Board (BACB) online registry. Parents can also check if a certificant is currently sanctioned.
- PARENT EDUCATION**: Parents will learn how to make changes in the home environment to increase the effectiveness of intervention.
- SOCIAL SKILLS TRAINING**: The child will develop the skills necessary to interact with others, solve problems and develop friendships, as well as decrease antisocial or undesirable behavior.
- FAMILY SUPPORT SERVICES**: These services are provided by the community and can include cash subsidies, respite, family training and recreation services.

COGNITIVE-BEHAVIOR THERAPY

The child will learn that his or her thoughts influence feelings and moods, which in turn influence behavior; CBT, therefore, will teach the child to identify harmful thought patterns and replace this thinking with more appropriate behaviors and feelings.

TIPS FOR PARENTS

PARENTS CONSIDERING:

- PRIVATE SERVICES**: Parents should reach out to their health care provider and request a copy of their health plan's mental health service options.
- COMMUNITY SERVICES**: Parents should reach out to a community health center to learn more about the services available for children demonstrating difficult or challenging behavior.

Though a "perfect" family or environment does not exist, parents can take steps to support their child's development of skills and behaviors. A professional assessment and subsequent intervention will not only teach parents how to support their child's growth, but also greatly impact their child's future success.

SOURCES:

- <http://www.pacer.org/cmh/getting-help/>
- <https://www.bacb.com/verify-certification/>
- <https://www.nap.edu/read/10017/chapter/12#116>
- <https://www.hindawi.com/journals/cdr/2011/835941/>
- <https://chadid.org/for-parents/social-skills-interventions/>
- <http://www.apa.org/pubs/info/brochures/kids-meds.aspx>
- <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3048254/>
- <https://www.childwelfare.gov/topics/supporting/support-services/>
- <https://childmind.org/article/managing-problem-behavior-at-home/>
- <https://effectivechildtherapy.org/the-impact-of-cognitive-behavioral-therapy/>
- <https://pdfs.semanticscholar.org/75a6/43ba54ca3d3d769533acc5a21d94fca.pdf>
- http://www.urbanchildinstitute.org/sites/all/files/databooks/TUCI_Data_Book_VII_2012.05_family.pdf
- <http://www.additidemag.com/wp-content/uploads/2017/06/The-Teachers-Guide-to-ADHD-and-Classroom-Behavior-1.pdf>
- <https://www.psychologytoday.com/us/blog/demystifying-psychiatry/201611/early-life-environment-influences-brain-growth-and-behavior>