

5 ways to reduce challenging behaviours

Often we want to control and manage behaviours but these approaches usually just result in more challenging behaviours. Here are some tips on how to positively reduce behaviours:



Build positive relationships

The stronger the relationships are that you have with children, the more they will feel safe and secure around you and have less need to act out. It also allows you to get to know when children are having a bad day based on subtle signs and address their needs quicker.



Create an inclusive space

If your learning environment does not reflect the skills, abilities, needs, background and culture then children are less likely to be able to have successes. Being inclusive and considering individual children's needs will allow children to engage positively with the curriculum.



Find ways to offer tools and techniques

Not every child has developed self-regulation skills and coping mechanisms. You can't expect children to learn this if they have not been given the tools and taught techniques to help them work through solutions to more positive outcomes, and process emotions appropriately.



Empathise with the family

The family can often get blamed for not 'fixing' their child, when often families are doing the best they can with what resources they have. Working with them and supporting them is often more effective than telling them they need to do better and judging them for their approach.



Respond to children's needs

Generally when children are displaying challenging behaviours it is because they are not coping. See this as an opportunity for agency by responding to the children's needs and making modifications on what isn't working for the child to help them feel supported and valued in the service.