



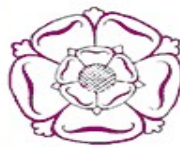
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## Kings Langley Partnership of Schools

*Working Together to Prepare our Children for the Challenges of Tomorrow*

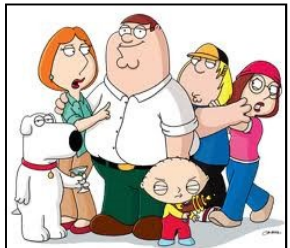
# Top Tips for Managing Challenging Behaviour A Guide for Parents



All children have moments when they lash out in anger by swearing, shouting, throwing or kicking objects. There are times when the aggression they show can seem particularly frightening and out of control, whether it's to parents, other family members or outside the home.

### How does it make you as the parent feel?

Parents often feel helpless and in despair about their *child's behaviour* and unsure on the best approach to tackle this. It is not uncommon for parents to feel responsible for their child's behaviour. We often hear the term "I love my child but don't like them at the moment". Some parents are ashamed to admit that they can't control their children's aggression and are reluctant to talk about it, especially if the aggression is directed at the parents. If you are facing a similar issue in your home, it may feel like you constantly have to walk on egg shells, not knowing what could trigger another outburst.



### What can cause a child to act aggressively?

It is not always obvious what the driving force is behind your child's aggressive behaviour for a parent. Your child may be feeling frustrated about something that is happening in their life, they may be getting bullied or having troubles at school, they may be seeking attention or it could be they are experiencing hormonal mood swings. Whatever the cause of their behaviour it may be quite clear to you they are struggling to manage their anger and emotions.



## Top Tips for Managing Challenging Behaviour



- ◆ Try to set some time aside to talk about what is troubling them. If talking is difficult for them, try leaving a book for them to write their feelings in (or a memory stick to store their thoughts digitally)
- ◆ Let them know that you love them very much and are there for them but need them to meet you halfway
- ◆ Try to acknowledge their feelings, but set limits
- ◆ Keep a diary so you can write down the incidents as there may be a pattern and note down the triggers
- ◆ If children see problems solved with raised voices or fists, they learn to follow suit. If there is conflict in your family life or perhaps communication is often through shouting, they may have learned this behaviour
- ◆ Learn how to defuse an angry situation. Lower your voice instead of shouting and look them in the eye. Talk with and listen to your child when they're calm
- ◆ Encourage them to express their feelings verbally instead of hitting out
- ◆ Criticise the behaviour not the child
- ◆ Be positive and praise them when they do well.



**For more information contact your Student and Family Services Team on 01923 271744 or 01442 278793**