

# Eight strategies TO REDUCE CHALLENGING BEHAVIOUR IN CHILDREN

1



## REGULATE BEFORE RESPONDING

Take a moment.  
Breathe in and out.  
Count to 5.

2



## ACKNOWLEDGING THE EMOTION

"I can see you  
are angry, would you  
like a hug?"

3



## KNOWING WHEN TO TALK TO THE CHILD ABOUT THE BEHAVIOUR

Choose a time  
when the child has  
regulated.

4



## REDIRECTING BEHAVIOUR AND BUILDING A CHILD'S SKILLS TO REACT APPROPRIATELY

Offer alternate  
activities, move outside,  
go on swings, use chill  
out spaces.

5



## CHANGING THE ENVIRONMENT

Moving inside and  
outside, create  
chill out spaces,  
provide enough  
resources!

6



## OFFERING CHOICES

Find child's  
strengths, offer and  
encourage choices.

7



## FINDING THE POSITIVES AND OFFERING ENCOURAGEMENT

Praise children  
Roster connection  
times.

8



Role model behaviours,  
set expectations  
and boundaries, have  
routines. Contact  
[reyll@onetree.org.au](mailto:reyll@onetree.org.au)  
to develop a Positive  
Behaviour Support  
Plan (PBSP) or Person  
Centred Plan.