

From Chaos to Calm:

Dealing with Challenging
Behaviors in Children

Sharon K Weiss, M.ED.



Holly and Jeff

Raising Gregory

**Behavior change in a child
starts with you.**

Behavioral Aspects of ADHD

- An inability to organize time and space.
- A disorder of performance, not skill – an inability to do what you know.
- An inability to delay responding.
- Driven by what's on their radar screen at the moment.



JIMMY, SIXTH-GENERATION PAIN IN THE ASS

Think -

Responsive not Reactive

Keep A Disability Perspective

-The child would rather get it right than wrong.

-The child handles his world the best way he knows how.

So -

If he knew the right thing to do, if it came easily –

He'd be doing it.

Provide increased structure and
predictability

To Change Behavior or Establish Routines

Answer:

- *What do I want him to do instead of what he's doing?*
- *How can I put it in a visual format so he doesn't have to rely on me telling him what to do?*
- *What will make it worth his while?*

Visuals

- Clarify expectations
- Depersonalize the structure
- Decrease reliance on adults
- Facilitate generalization

Timers, checklists, schedules, calendars

Be Proactive:

Teach to behavior before
you need it.

Strategies for Success

- Make the child part of the solution
- Narrow the focus
- Be realistic in expectations for change
- Notice improvement –
Improvement is Success.

Don't take behavior personally.

Don't attribute negative motives.

