



By remaining calm when your child is engaged in challenging behavior, you will provide the safety and support your child needs. This also allows you to model positive ways of dealing with big emotions.



Count to 10 slowly.

Take 3 deep breaths.

Remember something you love about your child.

Repeat a positive affirmation (ex: 'I have patience').

What might your child have been feeling?

Label your child's feelings and acknowledge them as important

What was your child's behavior communicating?

Reassure your child and show affection.

How do you want to respond if this behavior happens again?

Look for opportunities to celebrate your child's behavior.



**STAY CALM
CONNECT
REFLECT**



Supporting a child with challenging behavior can be emotionally draining. Remember to take care of yourself. Go for a walk, play your favorite music, or connect with a friend.

More resources available for supporting your child with challenging behavior are available here: <https://lab.vanderbilt.edu/barton-lab/fbsapp/>

