

# Navigating Challenging Behaviour In Preschoolers

## 1. Try to understand the problem behaviour.

- Is your child having difficulty regulating their emotions or articulating their thoughts?
- Do they seem overwhelmed or struggle to communicate their needs effectively?
- Is your child attempting to assert their independence?
- Are they finding it challenging to grasp certain social skills?
- Does your child struggle with separation from you or another significant person?
- Is the fear of the unknown leading to anxiety in your child?

## 2. How to address behavioural problems.

- Acknowledge Emotions and Teach Self-Regulation
- Model and Reinforce Positive Behaviour
- Set Clear, Consistent Expectations
- Provide a Safe and Supportive Environment

## 3. Foster positive behaviour

- Encourage kindness and respect
- Support relationships and connection
- Learning together to help your child understand consequences and choices in a positive way.
- Nurture self-leadership and independence

## 4. Professional support

- Your Child's Teachers
- *Plunket*
- *The Ministry of Education's Learning Support Services*
- *Parenting Place Website*
- *The New Zealand Government Website*