

Behavior Challenges



What are Behavior Challenges?

Behavior challenges can mean acting out, temper tantrums, or not following directions. Some children or teens might have anger or aggression. This can make home and school hard.

Behavior challenges can be a part of many other problems, like ADHD, anxiety, depression, autism, or other things. Understanding what causes the child's behaviors or teen's behaviors is important.



How to Support Your Child



Treatment usually focuses on what is **causing** the behavior problems. Therapy for behavior challenges often includes **parents. Talk to your doctor** about your child's needs.



Praise appropriate behaviors. Try to catch your child "being good."



Stay calm when behavior problems happen.



Give **specific praises** for appropriate behavior. ("Good job helping clean up!" "Nice listening.")



Only set **boundaries** you know you can stick with. Children often try to test boundaries. This is natural, so try to keep your limits clear.



Talk to your child about what makes the problem worse. **Ask** what helps them calm down. Notice when they are **coping well**. Encourage them to keep it up.



Need Help?

If your family needs more help, talk to your doctor.

If your family needs a mental health provider, call the phone number on the back of your child's insurance card. Ask for a list of covered mental health providers in your area, or search for providers on your insurance website.

Scan below or [click here](#) for more information about how to find a mental health provider and how to get help in a crisis.

