

## Understanding Childrens' Behaviour

Trying to understand why our children behave in a certain way can often be confusing & frustrating or even a complete mystery to us!

It may be useful for you to consider that behind every behaviour, there is always a need or emotion, a principle which applies adults and children alike!

To help you unravel the possible reason for the behaviour you are seeing, have a go at spotting the common behaviours and think about which need your child might be trying to express:

- Wanting a hug - **Need for love: feeling insecure/feeling lonely**
- Screaming or shouting when you are on the phone - **Need for attention/one to one time**
- Conflict about deciding what to wear, dying their hair, wearing make-up - **Need to develop own sense of independence and individuality/making choices and developing responsibility**
- Tipping out the toy boxes, craft all over the table, all the cooking ingredients out in the kitchen - **Need to explore: feeling bored/frustrated**
- Testing their parents decisions e.g. Asking to go out with friends when you've said no - **Need to know where they stand/the need for clear reasoning/understanding safety and limits**
- Showing you something they have made/something they've done - **Seeking approval/pride/recognition**

### So what does this all tell us?

By understanding our children's behaviour we are better able to decide on the best way to respond or deal with conflict

### Why do we, as parents and carers, need to manage behaviour?

- To set boundaries – this can be hard when you have a difficult day
- To pass on cultural values/heritage to the next generation
- It is important for safety of children and others
- It help children get used to rules and to be able to fit into society
- It helps children understand consequences

Next week: Ideas & strategies to help you manage your child's behaviour

For further information about the parenting support available in Solihull, please contact the Parenting Team via email to [bsmhft.parenting@nhs.net](mailto:bsmhft.parenting@nhs.net)