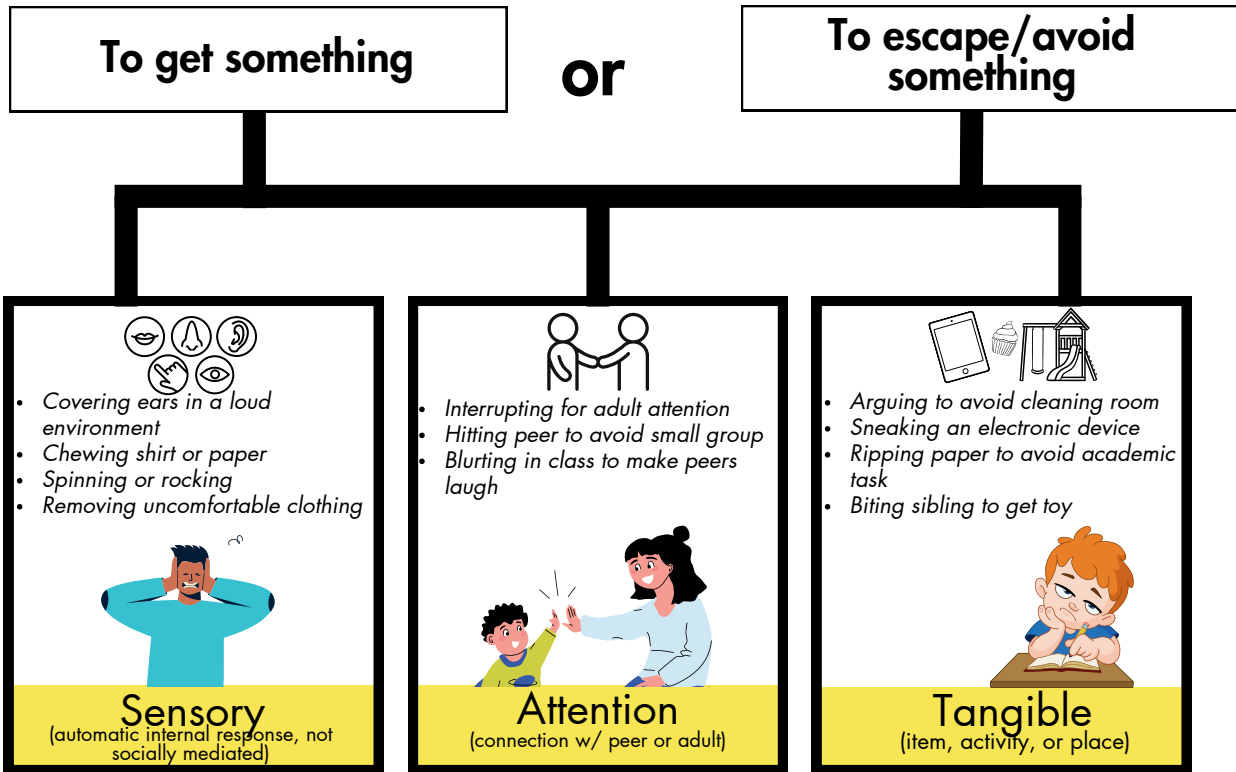


UNDERSTANDING BEHAVIOR

Behavior is communication. When children act out, they are **trying to meet a need**.
Behavior is their way of telling us something they can't say with words.

WHY BEHAVIOR HAPPENS

Children act out to either get something they value or escape/avoid something they find unpleasant.



How to Identify the Need

- Look for Patterns: When does the behavior happen?
- Notice Triggers: What happened right before?
- Watch for Signals: Fidgeting, withdrawing, or frustration



What You Can Do

For Avoid/Escape:

Break tasks into smaller steps to make them feel more manageable.

Offer choices to give the child a sense of control, like: "Do you want to start with this or that?"

For Access:

Provide attention for positive actions, such as waiting patiently or sharing.

Use "first-then" statements, like: "First clean up, then you can play."

It's important to remember: While behavior analysis focuses on what we can observe, internal emotions and feelings also play a big role in why behaviors happen. Understanding these emotional layers helps us see the full picture and respond with empathy.

