

## **How to Handle Major Problem Behaviors**

*Follow these steps when your child is doing something harmful or dangerous, like being aggressive, damaging things in the house, or hitting themselves.*

1. Stay calm – do not comment on the behavior, keep your tone of voice down, minimize any damage by taking away items they may be hitting others or themselves with and standing between them and another person they could hurt.
2. Set boundaries and stand your ground – keep your child from getting what they want, don't give them what they're asking for while they're hitting, destroying items, etc.
3. If you were giving them an instruction before they started having major problem behavior...
  - Follow through by repeating your instruction once every minute. Continue to block them from getting items/activities and/or leaving the area.

“First you need take a shower, then you can watch a movie.”

If they were trying to get something they wanted before they started having major problem behavior...

- Wait for them to be calm, compliment/give attention for being calm, and remind them to ask the right way for what they want.

“Jimmy, I really like that your talking calmly. You can ask, ‘Can I go outside, please?’”