



When your child is exhibiting challenging behaviors, remember...

“Your child is not *giving* you a hard time, they are *having* a hard time.

Ask yourself...

- Is my child overstimulated or perhaps understimulated? Might my child be seeking or avoiding sensory stimulation?
- Is my child struggling with impulse control?
- Might my child be struggling with big emotions?
- Does my child feel safe? Might my child feel threatened in any way?
- Am I becoming dysregulated? If so, how can I calm myself so I can co-regulate with my child?
- Are my child’s needs being supported at school? If not, what supports/ accommodations can be put in place?

Remember, you can foster positive behaviors by providing supports and accommodations:

- Support sensory needs
- Support executive functioning challenges
- Practice coregulation with your child
- Advocate for your child’s needs at school

