

Children's Therapy and Family Resource Centre

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Responding to Challenging Behaviour

In her article; Karen Stephens offers the following suggestions for responding to spirited children:

- Maintain a predictable daily schedule. Privately warn children of changes to their routine.
- Give children simple, step-by-step directions when guiding them through activities or routines.
- Because these children get overwhelmed when given too many choices, limit the number of activities offered at one time in one area.
- Work in small groups as much as possible.
- Make a concerted effort to make your classroom less overwhelming and stimulating. Rotate toys and materials. Leave more white space on walls and vice levels steady.
- Make sure all activities are developmentally appropriate. Successful experiences with hands-on materials is especially important for these children.
- Create cozy, secluded corners (inside *and* outside) so children can remove themselves when necessary from the overstimulation of group living.
- Rehearse any changes that can be anticipated. For instance, before a field trip, role play the procedures that will be followed

Karen's article is available for free on the Parenting Exchange Website
www.childcareexchange.com