

Tips for managing behaviour

All Behaviour has a function and is a form of Communication

Children, teenagers and adults might behave in challenging ways because they-

- have trouble understanding what's happening around them**
- don't have effective ways of communicating their own wants and needs, which leads to frustration**
- are very anxious.**



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Managing challenging behaviour: things to try

ABC's

- **Antecedents** – these are 'triggers' for the behaviour.
- **Behaviour** – this is the way your child responds to the trigger.
- **Consequences** or 'rewards' – this is what your child gets out of behaving this way.

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