By remaining calm when your child is engaged in challenging behavior, you will provide the safety and support your child needs. This also allows you to model positive ways of dealing with big emotions.

BY REMAINING CALM
- Remember something you love about your child.
- Take 3 deep breaths.
- Count to 10 slowly.
- Repeat a positive affirmation (ex: "I have patience").
- Label your child’s feelings and acknowledge them as important.

CONNECT
- Reassure your child and show affection.
- Look for opportunities to celebrate your child’s behavior.

REFLECT
- What was your child’s behavior communicating?
- What might your child have been feeling?
- How do you want to respond if this behavior happens again?

STAY CALM
- STAY CALM

Supporting a child with challenging behavior can be emotionally draining. Remember to take care of yourself. Go for a walk, play your favorite music, or connect with a friend.

More resources available for supporting your child with challenging behavior are available here: https://lab.vanderbilt.edu/barton-lab/fbsapp/