



IES Grant #  
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# STAY CALM, PROTECT, & RECONNECT



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**When children engage in challenging behavior, it can feel overwhelming. Below are some helpful strategies you can use when challenging behavior occurs!**



## STAY CALM

- Count to 10 slowly
- Think of something you love about your child
- Take 3 deep breaths
- Repeat a positive affirmation
  - "I can do this."
  - "I know how to support them."
  - "I can keep them safe."



## PROTECT

- Direct your attention to the surrounding environment and scan the area
- Quickly and carefully move any objects that may pose a danger to your child or others



Avoid giving directions or talking when challenging behavior is occurring. When a child is engaging in challenging behavior they are unable to reason or problem-solve. Wait until they are calm to reconnect and talk about what happened.



## RECONNECT

- Validate your child's emotions
  - "It can be frustrating when it's time to stop playing your game"
- Reassure your child and provide affection
  - "I love you very much. I will always be here to help you."
- Look for opportunities to provide positive attention that isn't dependent on behavior
  - Play time, reading a book, watching a show, high fives, etc.

**Supporting a child with challenging behavior can feel overwhelming. Remember to take care of yourself. Go for a walk, play your favorite music, or connect with a friend!**

More resources for supporting your child with challenging behavior are available [here](#).

