



Childhood Behaviors

We've all been there. We reach a point with our child's behaviors and throw our hands up! Child behaviors can be complex and challenging. All preschool-age children go through phases of pushing limits. But, when should you be concerned about your child's behavior?

According to childmind.org, these are some signs that preschool children might need help learning to manage impulses and regulate behavior:

- If they're having more frequent and/or serious tantrums than their peers
- Maybe they're extremely hard for frustrated parents to manage
- Maybe they've been kicked out of preschool or excluded from play dates
- Could be disrupting family life and putting serious strain on other family members
- Behavior conflicts may be creating negative relationships with parents
- Parents are concerned that they might hurt younger siblings

If your child falls into any of these categories, there are a few things you can do. First, seek out parenting advice. At this age, children need guidance to shape their behavior. Primary caregivers, as well as childcare providers, are the ideal ones to shape their behaviors. Another option is to enlist the help of developmental therapists. Developmental Therapists work one-on-one with your child in their environments, like at home or day care; wherever they need the most help.

The longer out-of-control behavior is tolerated, the more firmly rooted it becomes. The earlier you start therapy or parenting interventions, the earlier you can change your child's behaviors and learn ways to guide the development of your child. Need some help? Call TelePlay Therapy at 919-480-8589 to inquire about Developmental, Speech, OT, as well as Child Counseling.