

Wondering About ...

# Challenging Behaviors

You may be wondering if the behavior you are seeing in your child is typical or if it is more problematic. These resources will provide you with strategies to address challenging behaviors and how to tell when further intervention may be necessary.

## Heartland Equity and Inclusion Project (HEIP)

[www.heartland.edu/heip](http://www.heartland.edu/heip)

The Heartland Equity and Inclusion Project is designed to ensure early childhood professionals have the knowledge and skills required to support the diverse development and learning needs of young children and their families in high-quality, inclusive classroom communities. These resource pages provide a tool for teachers to use to support families faced with questions about early childhood.

**Challenging Behaviors.** (2012). Zero to Three. National Center for Infants, Toddlers, and Families.

<http://www.zerotothree.org/child-development/challenging-behavior/>

This website provides information on challenging behaviors commonly found in infants and toddlers. The "Tips & Tools" links to multiple brochures on specific challenging behaviors.

**Technical Assistance Center on Social Emotional Intervention for Young Children – Families.** (2011).

<http://www.challengingbehavior.org/communities/families.htm>

This site's "Backpack Connection Series" provides strategies for parents to address challenging behaviors as well as support their child's overall emotional development.

**Challenging Behavior in Children.** (2012). by Elizabeth Erwin and Leslie Soodak. PBS Parents.

[http://www.pbs.org/parents/inclusivecommunities/challenging\\_behavior.html](http://www.pbs.org/parents/inclusivecommunities/challenging_behavior.html)

This website provides basic information and links to the following resources.

**Five Facts Every Family Should Know**

[http://www.pbs.org/parents/inclusivecommunities/challenging\\_behavior2.html](http://www.pbs.org/parents/inclusivecommunities/challenging_behavior2.html)

**Nine Ways to Reduce Challenging Behaviors**

[http://www.pbs.org/parents/inclusivecommunities/challenging\\_behavior4.html](http://www.pbs.org/parents/inclusivecommunities/challenging_behavior4.html)

**Factors that Contribute to Challenging Behaviors**

[http://www.pbs.org/parents/inclusivecommunities/challenging\\_behavior3.html](http://www.pbs.org/parents/inclusivecommunities/challenging_behavior3.html)

**What to do When Challenging Behaviors Persist**

[http://www.pbs.org/parents/inclusivecommunities/challenging\\_behavior5.html](http://www.pbs.org/parents/inclusivecommunities/challenging_behavior5.html)

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