



# Mental Health and Emotional Literacy Program

Dr. Martin Gauthier

## Challenging Behaviour

### === THE RECIPE ===

Parents often feel at a loss for where to start. There isn't going to be a one-size-fits-all approach that will eliminate challenging behaviours but there are some general principles that will reduce the intensity and frequency of challenging behaviours **over time**. We recognize that dealing with challenging behaviours in children can be frustrating for parents and requires sustained effort - stick with it and surround yourself with people who are supportive.

#### The Big Picture

1. Recognize the problem
2. Get help
  - a. Talk to your doctor
  - b. Call 2-1-1 or Access Mental Health at 403-943-1500
  - c. [The McMan Family Development Program](#) offers in-home assessments
  - d. Access emergency mental health support at the [Owerko Family Walk-in Service](#) or [Wood's Homes Walk-in Service](#)
3. Take care of [your own mental health needs](#) simultaneously!
4. Get informed
  - a. [Triple P](#)
  - b. [Circle of Security](#)
  - c. [Dr. Ross Greene - Lives in the Balance](#)
5. ***Follow through*** on reaching out, taking the course(s), reflecting on learning and ***sustained application of the strategies offered.***
6. Often when we implement new strategies, behaviour may get worse before it gets better. Children take time to adjust - don't give up!
7. Become involved in your child's life and interests!

#### In the Moment

1. Stay calm - manage your own regulation needs!
2. Ensure safety
3. Use only brief and clear communication - avoid negotiation
4. Give space and time. This is non-negotiable - your child will not be in a mindset to reflect while their mind is in fight or flight mode.
5. Offer comfort and empathy once your child is starting to calm down. Validate feelings without enabling them. Comfort may include physical touch like hugging - this should not be confused with restraining.
6. Reinforce positive behaviours, even if limited or brief.
7. Reflect and discuss once your child is calm. With your child's input, make a plan for next time.
8. Remain consistent - this includes between parents and can be challenging in separated households!
9. Practice self-compassion and self-care.

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## Challenging Behaviour

If you want to access the digital version of this handout on our website, scan this QR code and scroll down to the handout section. All the links will be active and you can learn more about the services we offer at Pinecone and other mental health challenges that can happen alongside Challenging Behaviours.



### What are “Challenging Behaviours”?

“Challenging behaviour” is a term used to describe behaviours that are disruptive, harmful, or difficult to manage. Parents describe these behaviours as tantrums, defiance, fussiness, anger, physical aggression, or verbal aggression. It can also include lying, stealing, screaming, swearing or running away. While it isn’t unusual for children to display challenging behaviours from time to time, persistent and severe challenging behaviours can have significant impacts on the child’s well-being and learning and the family’s well-being and daily functioning.

### Why is it so difficult to get clear guidance on best practices to minimize challenging behaviours?

There are very few clinical trials on challenging behaviour, and most recommendations will come from expert opinion based on available understanding of psychological processes.



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## What causes challenging behaviours?

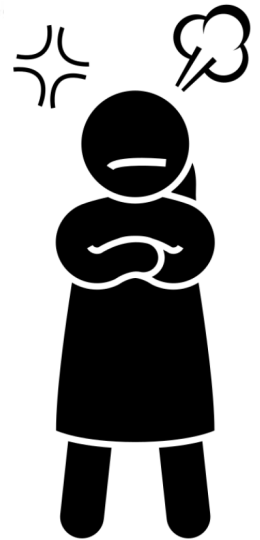
There are many specific diagnoses that can present as challenging behaviours:

- Age-typical boundary testing
- Struggling to express/understand feelings
- Illness, fatigue, hunger
- Fear
- Excessive screen time
- Bullying, violence, abuse
- Parent-Child Relational Problems or family stress
- Struggling to cope with change
- A personal history of psychological trauma
- Anxiety, Depression
- ADHD, Autism Spectrum Disorder
- Developmental delay or Intellectual Disability (particularly language delay)
- Sensory processing difficulties
- Some medical issues
- Learned habits or modelled behaviour

## Challenging Behaviours Can Present in Many Different Ways

Challenging behaviour can manifest in various ways, and the severity and frequency may differ between individuals. Some common signs that may indicate challenging behaviour in a child include:

- Aggression: Frequent physical aggression towards others, such as hitting, biting, or kicking.
- Disruptiveness: Consistently disrupting activities or refusing to follow instructions.
- Defiance, non-compliance and opposition: Frequent refusal to follow rules, guidance from authority figures or complete tasks (even if reasonable!).
- Tantrums: Frequent and severe temper outbursts, often in response to frustration or disappointment.
- Self-harm behaviour: Engaging in actions that harm oneself, such as hitting one's head or biting oneself.
- Property destruction: Damaging objects or belongings.



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- Impulsivity: Acting without thinking, leading to disruptive or harmful behaviour.
- Hyperactivity: Constantly fidgeting, being unable to sit still, or being excessively restless.

How challenging behaviours present vary depending on developmental level (age), concurrent developmental challenges like Autism, Learning Disabilities or ADHD, environmental stressors (like family conflict) and emotional difficulties. Identifying and understanding the underlying contributors to challenging behaviour is crucial for effective intervention.

## How will my pediatrician assess my child if they have challenging behaviours?

Your pediatrician or a mental health professional will conduct an assessment to better understand the underlying causes and triggers, and to rule out the presence of concurrent medical issues.

Your pediatrician will talk to you and your child to gather information about the behaviour, its frequency, intensity, and any potential triggers or patterns. This will also include a physical exam to screen for medical issues that can mimic challenging behaviours. Observing your child's behaviour in different settings (e.g., in the clinic) can provide insights into some of the triggers for challenging behaviour.

You and your child's teachers may be asked to complete questionnaires that provide additional information about the behaviour. It is common and usual to get input from the school or other allied health professionals when assessing challenging behaviour.



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Developmental and cognitive assessments: Depending on the situation, your child's developmental and cognitive levels may be evaluated. Pediatricians do not perform cognitive assessments for children over the age of 5 - this is only done by psychologists.

## How are challenging behaviours treated?

The treatment for challenging behaviour will depend on the specific underlying causes identified during the assessment. Here are some common approaches that may be used:



- Behaviour therapy: Behavioural interventions aim to modify challenging behaviours by using strategies such as positive reinforcement, token systems, and behaviour contracts. In Alberta, access to a behavioural therapist can be challenging outside of FSCD. Some psychologists are skilled at making intervention plans very similar to behaviour therapists - so be sure to ask!
- Parent training: Parents can be taught specific techniques to manage challenging behaviours effectively and promote positive behaviours. Some examples of parent training courses include [Triple P](#), [Circle of Security](#) or [Collaborative Problem Solving](#). One of the recurring challenges we experience with families taking these courses is following through with completing the course, and sustained application of the principles! A therapist may also be able to support parents in determining the best fit for parenting strategies for their family.
- Social skills support: If social difficulties contribute to challenging behaviour, social skills support can help children learn appropriate ways to interact with others and how to share perspectives.
- Cognitive-behavioural therapy (CBT) or other forms of therapy: therapy can be beneficial for children (usually 6 and older) to address cognitive distortions and emotional regulation, leading to improved behaviour.
- Collaborating with school: Working with teachers and school staff to create consistent behaviour management strategies across home and school settings (also known as an IPP).

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- Environmental modifications: Sometimes creating an environment that minimizes triggers can encourage positive behaviour.
- Medication: In some cases, medication may be prescribed to manage challenging behaviours associated with specific conditions such as ADHD or mood disorders. **It is uncommon for pediatricians to recommend medications to manage challenging behaviours if there isn't a concurrent medical diagnosis.**
- Sensory integration therapy: For children with sensory processing difficulties, this therapy can help them cope with sensory challenges in a healthier way. Sensory processing is usually evaluated and treated by Occupational Therapists.
- Parent-child interaction therapy (PCIT): This intervention focuses on improving the parent-child relationship and strengthening parenting skills.

The treatment plan will be tailored to meet your child's unique needs and may involve a combination of different approaches. It is difficult as a parent to independently gain the knowledge and skill required to develop an effective behaviour intervention plan - reach out for help and expect to have to review the plan regularly as the child grows, ages and learns.

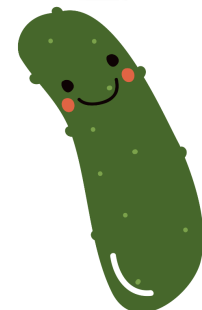
## The "In the Moment" Strategy

Parents often ask "What do I do right when it happens?!". We recognize that these challenging behaviours are... challenging! It's hard to stay calm and think straight and it's difficult to not lose sight of the big picture.

Adapted from: <https://www.koawhittingham.com/handle-childs-boundary-testing-like-pro/> and Dr. Ross Greene's "Collaborative Proactive Solutions" approach.

### Step 1: Stay Calm and Make Sure Everyone is Fed and Watered

Take a deep breath and remain composed. Staying calm and **loving** allows you to respond thoughtfully rather than reacting impulsively to the behaviour. Avoid responding with anger or frustration, as it can escalate the situation further. Modeling staying calm in the face of frustration is a great example to set for your child. Remind yourself that challenging behaviours are a part of the child's communication, and they might be



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struggling to express their needs or emotions. Before responding, ask yourself: “Is my child hungry, thirsty, tired or in fear?”. If the answer is yes, deal with that **or adjust your expectations**. The same applies to you, as the parent!

## Step 2: Ensure Safety and Go Into Crisis Response Mode

Prioritize safety for the child and others present during challenging behaviours. Remove any immediate hazards or dangerous objects from the child's surroundings. Create a safe space for the child to calm down if needed, away from potential triggers. Focus on de-escalating the situation and **understanding** what's really happening before responding. Lower your expectations to the bare minimum and let go of “winning” these interactions. Conflict just generates defensiveness which generates more conflict. Focus on achieving the bare minimum of progress. Keep in mind the **relationship** between you and your child.

## Step 3: Observe and Identify Triggers

Pay attention to patterns and triggers that preceded the challenging behaviours. It might be helpful to keep a behaviour journal to note specific events, triggers, and consequences of the challenging behaviours. Work on identifying the **skill** (see below) your child may be lacking to not be challenging.



## Step 4: Communicate and Empathize

**After the child has calmed down**, communicate with them in a non-confrontational manner. Express empathy and understanding for their **emotions**, even if you don't condone the challenging behaviour. Use active listening and affirm their **feelings** to help them feel heard and validated. **Always** validate emotions without condoning behaviour. Do not minimize or dismiss any emotions your child is sharing with you.

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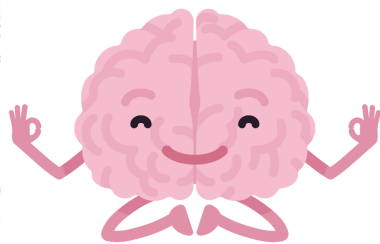
## Step 5: Set Clear Expectations and Boundaries

Establish clear and consistent rules and expectations for behaviour. When the child is calm, explain the consequences of challenging behaviours, emphasizing the positive outcomes of following rules. Reinforce the idea that everyone is responsible for their actions and the impact they have on others. Avoid explanations or arguing - remain consistent and clear with your expectations. Ignore tantrum behaviours if safe to do so and avoid playing or interacting until your child complies. Communicate this calmly and clearly. Don't comfort in response to tantrum behaviours, but offer a hug if your child asks for it during distress.

## Step 6: Positive Reinforcement

Praise and reward positive behaviours and efforts **no matter how small**. Use verbal praise, stickers, or a reward system to reinforce positive actions. Celebrate small victories to encourage the child's progress. When your child complies with your request, thank them for their cooperation.

## Step 7: Identify and Correct Lagging Skills and Teach or Model Coping Strategies



Identify any lagging cognitive, emotional, or social skills that might be contributing to challenging behaviour. Work together with your child to develop and practice these skills. This can include modeling an apology if you recently responded to a challenging behaviour in a way that wasn't ideal. **(See more below)**. Help the child identify and practice coping strategies to manage emotions. Teach and model deep breathing exercises, progressive muscle relaxation, or mindfulness techniques. Encourage the use of positive self-talk to promote emotional regulation.

## Step 8: Offer Alternative Choices

Provide the child with alternative choices when faced with a challenging situation. Offer them a realistic degree of control and autonomy in decision-making to reduce feelings of frustration or powerlessness. Frame choices positively to guide them towards appropriate behaviour. Only offer choices that you as the parent are okay with the child choosing.

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## Step 9: Seek Support, Including Professional Support

If challenging behaviours persist or become increasingly concerning, consult with a pediatrician or mental health professional who can help identify any underlying medical or psychological conditions. Collaborate with professionals to develop a personalized intervention plan based on the child's needs. Communicate with other caregivers in your child's life, including your partner, family, and childcare provider. You don't have to deal with challenging behaviours alone. However, **do not** "gang up" on your child.

## Step 10: Create a Supportive Environment

Foster a supportive and nurturing environment for your child **and yourself** at home and in school or childcare settings. Encourage open communication (particularly around feelings) and problem-solving among family members and caregivers. Provide opportunities for the child to engage in activities they enjoy and feel successful in. If age-appropriate, develop a collaborative plan that includes the agreed-upon solutions and strategies for managing challenging situations. After implementing the plan, take time to reflect on its effectiveness. Adjust the strategies as needed based on what you learn - focusing on what **skills** your child may be lacking to not be challenging.



Remember that addressing challenging behaviours is a gradual process that requires consistency and patience. Celebrate progress and accept support throughout the journey. By staying calm, understanding the triggers, and implementing positive strategies, you can help your child develop healthier ways of coping with emotions and challenging situations. It can be difficult for parents to recognize and accept that most of the hard work around

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learning, teaching and changing will be done by the parent! There is no other way, but in the end, your child and your family will be happier for it.

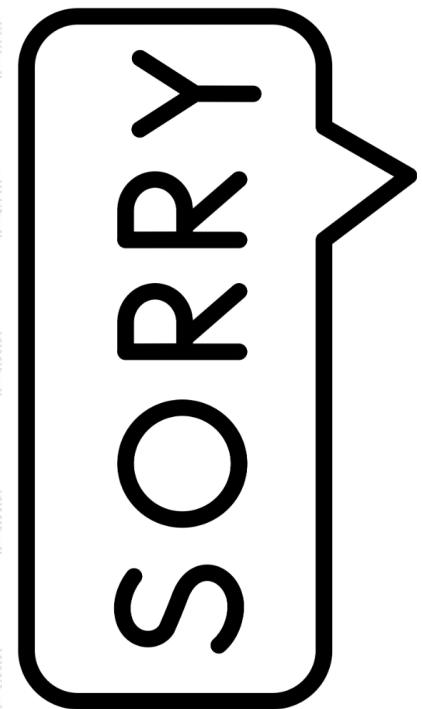
We recognize that there is a lot of information here - it's a reflection that there are many factors that lead to challenging behaviours and no single "easy" solution. This approach should lead to meaningful growth and sustained change over time. We don't expect parents to get it all right the first time and every time. It can be helpful to keep this reference in a convenient location and come back to it as you fine-tune your approach. Over time, take the time to understand the principles and strategies of Collaborative Problem Solving, Positive Parenting and Attachment. Read other books, articles, or attend workshops that explain this and other approaches in detail. Start by selecting one or two specific challenging behaviours to focus on initially. Trying to address too many behaviours at once can be overwhelming. Start with the ones that have the most significant impact on your child's well-being and family dynamics. Finally, take the time to review these principles AFTER an interaction, particularly if you think it didn't go well, to pick up some tips for next time. Guilt and shame have no place in this change process, either for you or from you to your child.

## A Note on Apologies

Apologizing to your children is an essential way to model humility, accountability, and healthy communication. For example: "I'm sorry I didn't listen when you were trying to explain what you wanted. I was frustrated and worried that we were going to be late. I should have been more patient and we should have started getting ready sooner."

Here are some tips for parents on how to apologize effectively and positively:

- Be sincere: ensure that your apology comes from a genuine place of remorse and a desire to repair any hurt or misunderstanding. Children can sense sincerity, so speak from the heart.



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- Choose the right time and place: find a calm and private moment to have the conversation with your child. Avoid discussing the apology during or immediately after a challenging behaviour episode.
- Use age-appropriate language: Tailor your apology to your child's age and developmental level. Keep your language simple and easy to understand.
- Own your mistake: Take responsibility for your actions **without making excuses**. Acknowledge that you could have handled the situation better and that you are working on improving your responses. There is no need to "make amends".
- Focus on the behaviour, not the child: when apologizing, be clear that you are sorry for your actions or words during the specific incident **and not for your child's behaviour. At all costs, avoid weaponizing apologies.**
- Express empathy: Show understanding of how your response might have made your child feel and validate their emotions. This helps build a sense of trust and emotional connection.
- Let your child know that you are committed to learning and growing as a parent and that you will try your best to respond differently in the future.
- Reassure your child that your love for them is unconditional and that your apology is a demonstration of your love and respect for their feelings.
- Be open to questions: encourage your child to express their thoughts and feelings about the situation. Listen attentively and respond with empathy and understanding.
- Model healthy coping strategies: share with your child how you plan to cope with similar situations differently in the future. This models problem-solving and emotional regulation skills.
- Follow through: after apologizing, strive to implement the ideal strategies in future interactions. Consistently demonstrating positive responses will reinforce your commitment to change.
- Celebrate progress: acknowledge and celebrate your efforts and progress (or your child's!). This reinforces the message that it's okay to make mistakes as long as we learn and grow from them.

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Parenting is challenging, and we all make mistakes. Show your child that it's okay to apologize and learn from errors, as it is an essential part of personal growth. Apologizing is a powerful way to foster a positive and supportive parent-child relationship. By modeling humility and accountability, you create an environment where your child feels safe to share their feelings and emotions openly.

## A note on "Lagging Skills"

One of the theories around Challenging Behaviour (from Dr. Ross Greene) is that kids who can be challenging lack the skills to *not* be challenging, and that children will do well when they can. Here are some examples of lagging skills that children may struggle with, along with corresponding strategies for teaching and developing those skills:

**Emotional Regulation:** Some children have difficulty managing their emotions, which can lead to outbursts or meltdowns. Strategies for teaching emotional regulation skills may include:

- Deep breathing exercises to promote self-calming.
- Teaching and practicing identifying and labeling (naming) emotions.
- Encouraging the child to develop an awareness of **early** physical signs in the body that may precede strong emotions: making fists, clenching jaw, fast pulse or breathing, flushing...
- Introducing relaxation techniques like mindfulness or guided imagery (you may benefit from professional help on this last one).

**Problem-Solving Skills:** Children who struggle with problem-solving may have difficulty finding alternative solutions or thinking through the consequences of their actions.

Strategies to teach problem-solving skills may include:

- Breaking down problems into smaller, manageable parts.
- Guiding your child through brainstorming potential solutions.
- Encouraging critical thinking by asking open-ended questions.

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**Flexibility and Adaptability:** Some children find it challenging to adapt to changes in routines or transitions, leading to resistance or frustration. Some specific medical conditions like Autism and ADHD will increase a child's difficulty in finding strategies to be flexible or adaptable. You will benefit from expert support in these circumstances. Strategies for teaching flexibility and adaptability skills may include:

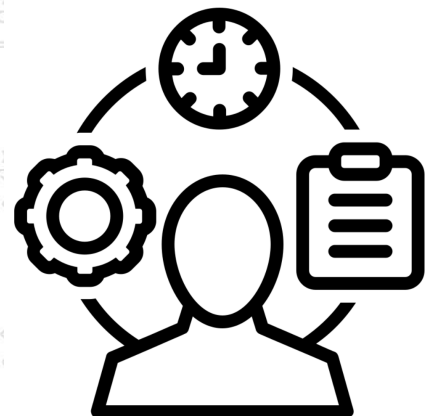
- Gradually introducing changes and providing predictability.
- Role-playing or practicing coping with unexpected situations.

**Social Skills:** Children who struggle with social skills may have difficulty understanding social cues, making friends, or maintaining positive interactions. This is usually true for children with Autism but for others as well. Strategies for teaching social skills may include:

- Role-playing common social situations and practicing appropriate responses.
- Engaging in cooperative activities that encourage teamwork and communication.
- Using social scripts or visual supports to guide social interactions.

**Executive Functioning Skills:** Executive functioning skills involve planning, organizing, and managing tasks. Children with lagging executive functioning skills may struggle with time management, organization, and staying focused (a good example is children with ADHD!). Strategies for teaching executive functioning skills include:

- Breaking tasks down into smaller, manageable steps.
- Using visual supports or checklists to promote organization and task completion.
- Implementing timers or alarms to support time management.



## Challenging Behaviours Resources

We do not control the content of any of the linked resources below and do not specifically endorse any of the approaches suggested. We present this list of resources as a way to

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provide access to families to a diversity of approaches and learning media that may be better adapted to their learning or parenting styles. If you're unsure about any of the content you find below, please discuss it with your pediatrician.

Calgary local community organizations:

- [Access Mental Health](#) is the single point of access for all AHS subsidized mental health services and will help you navigate some of the below listed resources. If your child is under age 5 be sure to ask them about the [ECAP program](#).
- [Summit Centre](#) Provides mental health services for children and youth through a day hospital and community-based treatment. They provide walk-in services for anyone under 18 years of age and their family who would like to speak with a counselor. Walk-in services do not require a referral.
- [Woods Homes](#) Eastside Community Mental Health Services (ECMHS) offers immediate, no-cost, mental health support. See their website for access options.
- [Strongest Families](#) is a charity that offers mental health services, including to [parents with children who have challenging behaviours](#).
- [McMan Family Development Program](#) offers, among other services, in-home assessments.

Professional associations:

- The Canadian Pediatric Society (CPS): Website: <https://www.cps.ca/> They provide [evidence-based information and resources to support parents in managing challenging behaviours in children](#). The CPS "Caring For Kids" website also offers guidelines, articles, and practical tools for parents.
- Kelty Mental Health Resource Centre (BC Children's): Website: <https://kelymentalhealth.ca/> Kelty offers high-quality, accessible information on various mental health challenges in children and youth, including [challenging behaviours](#). They provide educational materials, toolkits, and videos to help parents better understand and cope with their child's behaviour.
- The American Academy of Pediatrics (AAP): Website: <https://www.aap.org/> The AAP, on their "HealthyChildren.org" website, provides information on child health and development, including resources on [managing challenging behaviours in children](#)

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(also [here](#)). They offer articles, tips, and guidance for parents to understand and address challenging behaviours.

## Websites:

- [Family & Community Resource Centre \(FCRC\)](#) is a Calgary-local organization that advocates for physical and mental health services for children. They have some information about local resources for children with challenging behaviour.
  - [Child Mind Institute](#): This website offers evidence-based resources and practical tips for parents dealing with challenging behaviour in children. They cover various behavioural issues and provide guidance on interventions and strategies.
  - [American Academy of Child and Adolescent Psychiatry \(AACAP\)](#): AACAP's website provides reliable information on children's mental health, including [resources on understanding and managing challenging behaviours in children](#).



## Books:

- "The Explosive Child: A New Approach for Understanding and Parenting Easily Frustrated, Chronically Inflexible Children" by Ross W. Greene: This book offers strategies for parents of children with challenging behaviour.
- "No-Drama Discipline: The Whole-Brain Way to Calm the Chaos and Nurture Your Child's Developing Mind" by Daniel J. Siegel and Tina Payne Bryson: This book focuses on positive discipline techniques and provides tools for handling challenging behaviours in a supportive and effective manner.
- "Parenting from the Inside Out: How a Deeper Self-Understanding Can Help You Raise Children Who Thrive" by Daniel J. Siegel and Mary Hartzell: This book explores the parent-child relationship and how self-awareness can help in dealing with behavioural challenges.
- "What Happened To You, Conversations on Trauma, Resilience, and Healing" by Dr. Bruce D. Perry with Oprah Winfrey. If your child's struggles are rooted in a history of



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trauma, this book is very helpful in understanding the various psychological and behavioural consequences of trauma from early childhood to later in life.

## Podcasts:

- [Dr. Vanessa Lapointe participates in podcasts](#) that cover a wide range of parenting topics, including managing challenging behaviour in children, emotional regulation, and fostering positive parent-child relationships.
- ["The Calm Parenting Podcast" with Kirk Martin](#): This podcast provides practical strategies for parents dealing with challenging behaviours, emotional regulation, and building strong parent-child connections.
- ["Raising Good Humans" with Dr. Aliza Pressman](#): delves into parenting topics, including managing behaviour, communication, and emotional intelligence in children.



## Social Media Accounts (these accounts do promote for-profit resources like books):

- Mary Vangeffen ([@maryvangeffen](#)): Mary Vangeffen's Instagram account focuses on positive parenting and offers insights into dealing with challenging behaviour in children, promoting empathy and connection.
- Big Life Journal ([@biglifejournal](#)): Big Life Journal provides resources and tools for parents to help their children develop social-emotional skills and resilience, which can be helpful in managing challenging behaviour.
- Project Parent Coach ([@projectparentcoach](#)): Jenny Hwang is a psychologist who helps parents with teens who have challenging behaviours.
- The Conscious Parenting Hub ([@theconsciousparentinghub](#)) is a collection of posts from other accounts on parenting strategies.
- Big Little Feelings ([@biglittlefeelings](#)) is an account run by a child psychologist and behaviour aide that offers simple, clear methods for positive parenting.

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## Medications for challenging behaviours.

It is uncommon for pediatricians to recommend medications to manage challenging behaviours if there isn't a concurrent medical diagnosis. However, it isn't uncommon to find both challenging behaviours and neurodevelopmental disorders in the same child. Here are some medications that are used for the management of symptoms or disorders in children with challenging behaviour. Behaviourally based solutions will have a more lasting, positive impact on challenging behaviour than medication.



- Stimulants are used to manage symptoms related to ADHD and can help children who struggle with executive dysfunction.
- Selective Serotonin Reuptake Inhibitors (SSRIs) are used to treat mood and anxiety disorders.
- Centrally acting  $\alpha_{2A}$ -adrenergic receptor agonists like Clonidine or Guanfacine are second-line agents for the management of ADHD symptoms and are sometimes used to support the management of disruptive behaviour in children with ASD or children with a history of psychological trauma.
- Atypical antipsychotics are sometimes used in children with neurodevelopmental disorders who have dangerous challenging behaviours.

If considering any medication for your child, be sure to discuss risks, benefits and alternatives with your healthcare provider.

## Unproven or “alternative” treatment of challenging behaviours

[Spanking does not help children learn from bad behaviour.](#)

[There is some controversy around the effectiveness and benefits of “time outs” on behaviour, particularly given the risk of inconsistent application by families.](#)



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## FSCD and DTC

There are some government programs in Alberta to support families of children with disabilities. Not all children with challenging behaviour will meet the government's threshold for the definition of disability, and it can be particularly challenging if there isn't a specific medical diagnosis.

For Family Supports for Children with Disabilities (FSCD), more information can be found at <https://www.alberta.ca/fscd-supports-and-services.aspx>. For the application itself start, with this site: <https://www.alberta.ca/fscd-how-to-apply.aspx>. You will need a letter from your pediatrician. Feel free to book a follow-up appointment if you need to discuss this further.

For the Disability Tax Credit, you may [start the application online](#) or your pediatrician may be able to provide a partially filled form which you will need to complete and send in. Similarly, feel free to book a follow-up if you need to discuss this further.

As always, if you have a positive experience somewhere related to your child's care in their healthcare journey with behavioural challenges - please let us know and it will be our pleasure to include the information in this handout. And if any of the provided links are broken - let us know and we will fix it!

Your care team at



**Compassion,  
Collaboration and  
Community.**

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Pinecone Pediatrics : (587) 885-2767

Access Mental Health: (403) 943-1500

Self-referral for Youth Psychology Services with Esther or Priscilla : (587) 885-2767

Crisis line : call or text 2-1-1



# STRATEGIES FOR MANAGING CHALLENGING BEHAVIORS IN THE MOMENT



Seek support for yourself and create a supportive environment for your child.  
Learn and model any skills your child is lacking.  
Exercise self-compassion and self-care.

