

Behaviour (Parents and Carers)

Why is my child/young persons behavior deteriorating?

'Bad behaviour' is a way of **communicating a need**. Young people try to make **sense** of the world around them, navigating confusing relationships, pressures and feelings without having the **emotional skills**, or the fully grown adult brain that's needed to cope.

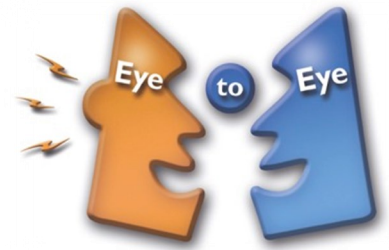
This can come out as 'bad behaviour' in home or at school, including:

- being rude, cheeky or argumentative
- moodiness and sulking
- shouting and lashing out
- slamming doors or
- breaking rules or crossing boundaries that have been set.

The world can be a scary place and young people simply **don't have the skills yet** to work it all out.

What are some helpful techniques when dealing with poor behavior?

- Choose the **right moment to engage** when tensions are not running high
- **Actively listen** to what they are saying- remove all distractions and don't interrupt them
- **Remain calm** and avoid raising your voice- this will likely escalate into an argument
- Try to identify the need behind the behaviour- is anything troubling them?
- Boundaries are vital to help young people feel **safe and secure**
- Make rules and boundaries **together** to give a **sense of control** in agreeing on consequences
- Acknowledge their **need for independence**, while still showing that you want them to be safe- is there a happy medium that you can both compromise on?
- Acknowledge the **positive things** the young person is doing, and what they are managing well Telling them and thanking them can **boost self-esteem!**
- Model **positive behaviours** that the young person can learn from
- Encourage them to talk to **somebody they trust**, such as their school counsellor, a teacher they like, or a youth worker they look up to
- **Empathise** with them; remember how it felt when you were a teenager/young person yourself



"Sometimes we all need someone to talk to"



Helpful Resources

[Young Minds: Challenging behavior: Parents guide to support](#)

[Childrens 1st: Understanding behavior](#)

[NHS: Coping with your teenager](#)

Useful Contacts

Eye to Eye Counselling Service:

01443 202940

info@eyetoeye.wales

Family Action

0808 802 6666

www.family-action.org.uk (online chat)

Childline

0800 1111

www.childline.org (online chat available)

The Mix

0808 808 4994

www.themix.org.uk (online chat available)

