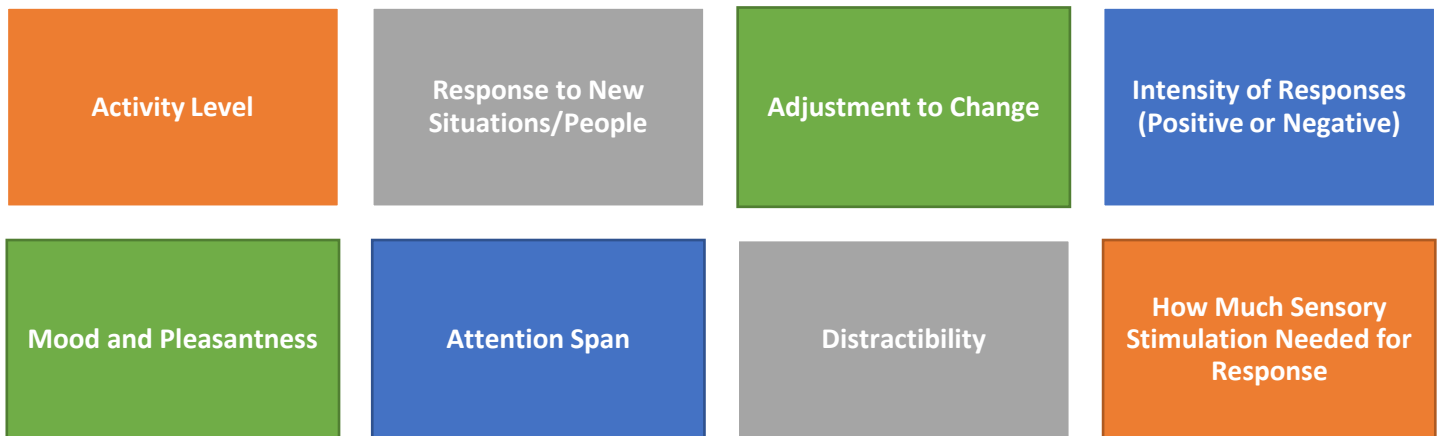


Children develop difficult behaviors for different reasons, and all children display difficult behaviors at various times in their lives. However, once these difficult behaviors become more regular, caregivers' relationships with their children can become frustrating, and family life becomes stressful. Once these negative cycles begin, ending them may require making a commitment to adjusting caregiving strategies.

*Children's Temperament*

Children (and caregivers) are born with temperaments – the ways we adapt, regulate emotions, and interact with the world around us. There are 8 basic areas of temperament:

Areas of Temperament



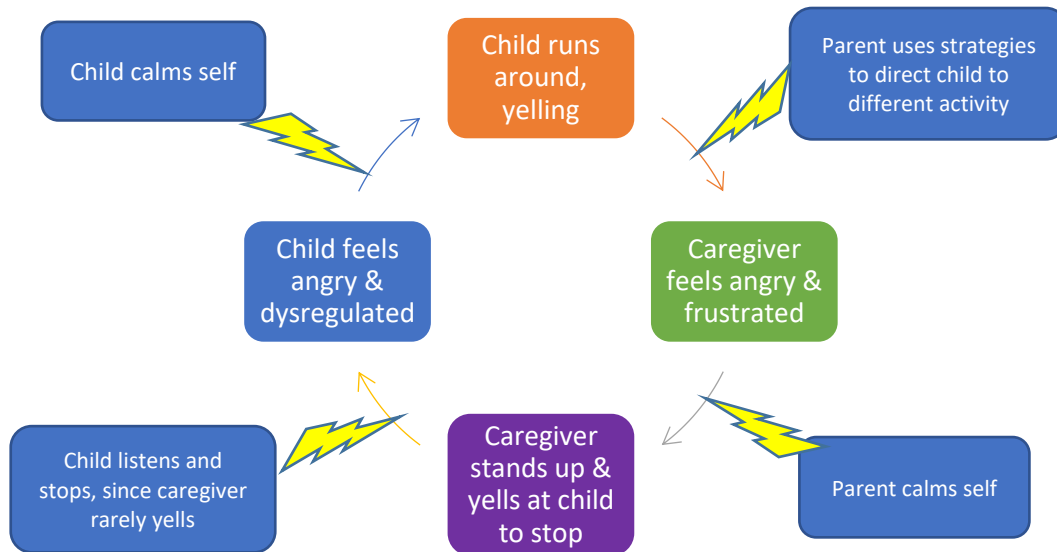
How different situations and child temperament produce different (and difficult) behaviors



## Understanding Children's Difficult Behaviors

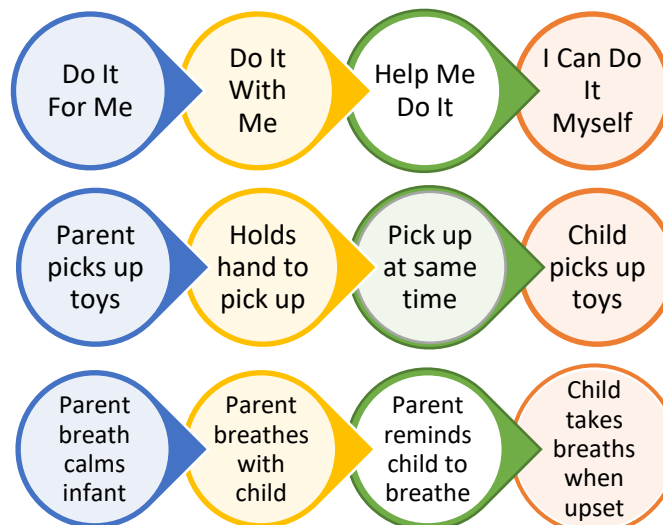
### How difficult behaviors affect families

Sometimes parents and children get into cycles of negative behaviors and emotions. When they occur, they are stressful for caregivers and children. Learning new ways of reacting to negative behavior can break the cycle and reduce stress.



### Developing Skills and Self-Regulation

Children learn all skills within relationships. Parent's help their children learn to eat, get dressed, make their beds, ride a bike, etc.



Children need the exact same help learning to regulate their emotions and behaviors.