



# Parenting Playground

brought to you by  
Child Development Council  
609 West Clinton Street, Ithaca, NY 14850  
(607) 273-0259  
[www.ChildDevelopmentCouncil.org](http://www.ChildDevelopmentCouncil.org)  
July/August/September 2010

## Challenging Behaviors

### Typical Versus Challenging Behavior

At some point, all parents deal with the frustration of having their toddler spread eagle, crying or kicking, in the middle of a store aisle, or having their 6-year-old disobey and challenge rules or limits. Although those behaviors are often hard for parents to deal with, they are very normal for children in these age groups. With time and positive guidance from adults, these 'trying' behaviors usually go away.

The term 'challenging behavior' is often used to describe children's trying or 'problem' behaviors that do not go away over time or after using typical tried-and true discipline methods. It is important for you and your child care provider to have a variety of strategies to use when raising and caring for your child. Every strategy may not work for every child. Also, as your child gets older and changes, you may need to change strategies and approaches. You and your child care provider should focus on the behavior and not the child.

### Why Do We Discipline Children?

**To teach children to be responsible (control their behavior and impulses, and to respond appropriately) and to understand that their behavior has consequences. Discipline is not to punish or harm the child, but rather to teach better behavior.**

There is always a reason for challenging behavior, but it may not be that easy to figure out. It is rarely the result of bad parenting, and it is never because a child is just 'bad' or 'wild'. Children's behavior is the result of many factors including frustration and trying to be independent. However, some behaviors may have a physical cause, such as a child with a hearing loss who doesn't understand what is being asked of him, may 'act out' to communicate his frustration. All behavior is a way to communicate. The best way to prevent challenging behavior is to foster children's social and emotional needs and skills.

Teamwork is essential to come up with a positive behavior support plan for any child and family dealing with challenging behaviors. Consult the child's doctor, child care provider or teacher or other family members or people who interact with your child in a significant way.

Information provided by NACCRRA, the National Association of Child Care Resource & Referral Agencies. NACCRRA is partly funded by the Child Care Bureau, Office of Family Assistance, and Administration for Children and Families of the U.S. Department of Health & Human Services.



## **Why do you parent the way you do?**

The Parenting Styles Workshop Series  
FREE

Workshop discussion topics include:  
Styles and Discipline, Child Development, Influences, Environmental Issues

Facilitators: Travis Winter and Lisa Pate

Wednesday evenings, 6:30 -8:30 p.m., July 7, 14, 21, 28, August 7 & 14

Tompkins County Cooperative Extension, 615 Willow Ave. Ithaca

To register or request a flyer call 272-2292 or email [ams69@cornell.edu](mailto:ams69@cornell.edu).

Space is limited for this workshop.

For free child care please register at least a week ahead of time.

Join us because parenting can be “Better Together”

Brought to you by Tompkins County Cooperative Extension - Family and Community Development.

## **What is **Parents Apart®**?**

Parents Apart® is a workshop for parents who want to learn how to help their child(ren) cope during their separation and divorce.

Parents may attend voluntarily or may be referred or ordered to attend by Family Court or the Supreme Court, Matrimonial Part. Parents of the same child(ren) are placed in different workshops.

### **Helping Children Cope with Separation and Divorce Workshop**

Pre-registration is required, please call CCETC at 272-2292.

For more information and the registration form go to <http://cctompkins.org/ParentsApart/index.htm>

Attendance requirements, concerns about safety or other special circumstances may be discussed with the Parents Apart® Program Coordinator, 607-272-2292 ext 243.

The workshops are held 6 - 9pm on two Monday evenings, or on Saturdays from 9am - 4pm with a 1 hour break.

July 10, Saturday  
August 16 & 23, Mondays  
September 18, Saturday  
October 4 & 11, Mondays  
November 6, Saturday  
December 6 & 13, Mondays

The New York State Parent Education & Awareness Program of the New York State Unified Court System (see [www.nycourts.gov/ip/parent-ed](http://www.nycourts.gov/ip/parent-ed)) certified and oversees Parents Apart® .