

# Exploring

**children's social-emotional wellness**

*a tipsheet for parents and caregivers*



Capital District  
Child Care Council

## Challenging Behavior and Your Classroom

### Tips for creating an environment that promotes kindness by setting a standard of behavior that is warm and friendly.

- Be a good role model of kindness. Children will learn to deal with challenging people by watching you deal with challenging people!
- In “kind classrooms” all children belong, all children deserve love, and all the children benefit from being with people who are different and even challenging.
- Try viewing conflict and challenges as an opportunity to learn important lessons about coping, and problem-solving.
- Reinforce your commitment to a warm and friendly environment by reading stories that teach kindness and acceptance.
- Notice and praise kind behavior as often as you can! When you focus on the positive you get more positives! Children who challenge need extra positive feedback so they know when they are on track!
- When other children are frightened or frustrated by their peer’s negative behavior, validate their

feelings and need for safety before you encourage acceptance, tolerance or empathy of the challenging peer.

- Encourage acceptance and tolerance: “It is really scary when Mark yells and hits so I am going to help you stay safe. Mark is very mad right now but he is not allowed to hurt you. I think Mark may need some help getting his mad out and staying safe, I am going to help him.”
- When other children are tempted to participate in their peer’s negative behavior, validate their curiosity, set a limit and help them move on to something new and even more enticing.



**Prevention  
of negative  
behavior is  
the key**