GUI103- Understanding Aggressive and Defiant Behaviors - Handout

Welcome to GUI103

Aggressive and defiant behaviors in children pose tremendous challenges to adults at every level, from the early childhood environment through high school. In this course, participants will learn about the underlying causes of aggressive behavior, the reasons why aggressive behaviors cannot be ignored, and strategies and practices for helping children develop positive social-emotional skills.

Course Objectives:

By taking notes on the handout provided in this course, completing reflection exercises, and successfully answering assessment questions, participants will meet the following objectives as a result of taking this course:

- Identify characteristics of aggressive behaviors
- Identify basic strategies for promoting healthy social-emotional development in children of all ages
- Differentiate between instrumental aggression and hostile aggression
- Demonstrate an understanding of the importance of developmental appropriateness when responding to aggressive behavior
- Identify recommended “do's and don’ts” when intervening in a child’s aggressive behaviors
- Demonstrate an understanding of criteria for determining when to seek professional help for aggressive behaviors
- Identify and define essential goals of positive guidance, including self-identity, self-respect, self-regulation, self-confidence, and self-discipline
- Identify recommended classroom management strategies that discourage aggressive behaviors, including bullying, and promote positive social-emotional development
- Identify characteristics of Oppositional Defiant Disorder (ODD) and Conduct Disorder (CD)

At two points in this course, participants are expected to reflect and write about topics related to their own learning and teaching experiences in relation to course content.

References:

Tomlin, Carolyn, "Aggressive Behaviors in Young Children." Early Childhood News, 2004
http://contemmporarypediatrics.modernmedicine.com
What Is Aggressive Behavior, and Why Are You Taking This Course?

Aggression:

Defiance:

What Causes Aggressiveness?

Understanding Aggression
Basic Types of Childhood Aggression

**Instrumental:**

**Hostile:**

Case Study

How and Why to Intervene

In the Heat of the Moment: Do’s and Don’ts
Criteria for Seeking Professional Help

Positive Guidance Goals and Techniques

The Basic Positive Guidance Goals
What About Temper Tantrums?

The Role of Classroom Management

The Rules

Reflection

Take a moment to reflect on the following. Write your thoughts below.

- What are your behavior goals for children in your program or classroom?
- List 2 or 3 rules that you think are important for meeting these behavior goals.

Schedules and Routines
When Rules, Routines, and Positive Guidance Simply Aren’t Enough

Bullies

Pathology and Evaluation of Childhood Aggression

ADHD and Aggression

Roughly 30 percent of children diagnosed with ODD...
**Additional Strategies and Connecting with Parents**

**Tips for Parents**

**Try This!**

**Calming Strategies**
Encourage children to breathe deeply and stretch way up high to alleviate stress and anxiety. Dr. Becky Baily, Ph.D. an internationally recognized expert in childhood education and developmental psychology suggests several calming strategies on her website www.consciousdiscipline.com that you could use to be more mindful and help reduce anxiety in children and yourself. Click on the Resource section, go to Printable Posters, Tools & Articles and download the "Safe Place Breathing" methods.

**Try This!**

**Contracts and Goals**
Let the child know exactly the behavior that is expected and what is not. Work with the child to set goals and write a contract. Track the child’s behavior on a chart that is kept private between the teacher, parent and child. Encourage parent to provide positive reinforcement such as a special treat or more time with a parent to enjoy a favorite activity or playing together.