

MANAGING TODDLER AND PRESCHOOLER BEHAVIOUR PROBLEMS:

What can you do while the family are waiting?

Presented by:

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What are Child Behaviour problems

- ▶ Anything the parent defines as ‘a problem’, something they are worried about, something they cannot manage?
- ▶ All children act out at one time or another
- ▶ Typical ‘behaviours’ - Interrupting others, throwing tantrums, non compliance and disobeying rules, lying, aggression, refusing to eat, problems with sleep, toileting issues.
- ▶ Parents may be concerned that their child’s behaviour might be more problematic than a typical child of that age and what is normal behaviour.

So, When do you worry?

Sometimes the reported behaviours are not developmentally normal and may require further evaluation.

Parents might have a real reason for concern when they find:

- ▶ Their usual discipline strategies are not working
- ▶ The child's behaviour interferes with school
- ▶ Behaviour is impacting on their social life
- ▶ When the behaviour is not developmentally appropriate e.g. when an 8 year old still throws frequent temper tantrums, or the 10-year old still hits people

Some behaviours cannot be ignored at any age:

- ▶ Aggressive Behaviours
- ▶ Criminal behaviours-Fire lighting behaviours
- ▶ Cruelty to animals,
- ▶ extreme non-compliance
- ▶ Lack of behaviour change despite consistent consequences for behaviour
- ▶ Lack of remorse or empathy,
- ▶ Self-injury

Causes of Behaviour Problems?

- ▶ Child's **Genetic makeup**-tendency to hyperactivity/concentration issues or sadness and depression, internalising or externalising.
- ▶ Child's **Temperament**-inherited from their parent- shy and sensitive or extrovert and social butterfly
- ▶ **Family Environment**: accidental rewards for undesirable behaviour.
- ▶ **Escalation traps**: parent only responding to negative behaviours and ignoring desirable behaviours.
- ▶ **Giving instructions**-too many, too many, too hard, poorly timed.
- ▶ **Ineffective use of punishment**, threatening punishment, crisis response, vaguely given and without follow through.
- ▶ **Influences outside of the home** –peers, friends, school based problems, media and technology

Need to Consider, is this a developmental or behavioural disorder?

▶ Disruptive Behaviour Disorders?

- ▶ Oppositional Defiant Disorder
- ▶ ADHD.
- ▶ Conduct Disorder

▶ Internalising Disorders

- ▶ Obsessive Compulsive Disorder (OCD)
- ▶ Anxiety Disorders: Generalised anxiety, Separation anxiety,

▶ Developmental Delay/Disorder

- ▶ Global Developmental Delay
- ▶ Autism Spectrum disorder

Typical Toddler Behavioural Concerns?

- ▶ Remember it is the toddlers job to control the home and everything in it and the parents job to try and maintain the control!
 - ▶ Feeding/food acceptance/fussy eating
 - ▶ Tantrums
 - ▶ Toileting issues
 - ▶ Sleep
- ▶ Parents will benefit from reassurance, normalising developmentally appropriate behaviour, access to primary level support and early intervention

Feeding/food acceptance/fussy eating

- ▶ **Education:** Developmental shift such that there is a massive growth in infancy which plateaus out by 2 years and a much reduced demand for caloric intake in a 2 year old compared to their 10 month old sibling?
- ▶ At around 18 months is the emergence of **Neophobia**-developmentally normal and the child will grow out of it.
- ▶ **Managed** by 'no-fuss' approach and continued offering of the usual family meals.
- ▶ **If you are concerned:** monitor growth, recommend review by CFHN at local Community Health Centre, referral to CADU Feeding Clinic if growth is impacted, primary level services e.g. Triple P level 1 or 2, consider Tresillian referral.

Tantrums?

- ▶ All toddlers go through a phase of expressive frustration and make determined efforts to get what they want their way!
- ▶ It's their job! There is a problem if they don't! It's how they communicate.
- ▶ **Psychoeducation:** Ignore the behaviour
 - ▶ Do not inadvertently reward the behaviour by giving in?
 - ▶ Try and understand what the frustration is about?
 - ▶ Understanding of normal child development?
- ▶ **If you are concerned:** Consider, Triple P, level 1 or 2, Referral to CHC, Tresillian referral? Referral to Paediatrician?

Sleep Problems?

- ▶ **Give Reassurance:** all children occasionally have problems falling asleep or staying asleep:
- ▶ Importance of sleep routine and good bedtime routine and sleep environment, health eating, enough exercise, no devices
- ▶ Parent may need to adjust expectation of what is normal for the child
- ▶ Nighttime fears and nightmares, sleep terrors
- ▶ Is it a sleep disorder?

If you are concerned: Suggest Triple P, level 1 or 2, referral to CFHN at Community Health Centre, Tresillian referral? Referral to Paediatrician for review.

Toileting Issues?

- ▶ **Provide reassurance and education** about typical toileting.
- ▶ Common problems are lack of readiness, anxiety, refusal, and attempts to delay or avoid defecation.
- ▶ Need for a toileting routine.
- ▶ 25% of kids show problems after the age of 36 months, usually toilet refusal, constipation, daytime wetting and night time wetting.
- ▶ Is there a medical issue?

- ▶ **If you are Concerned?** Referral to CFHN at Community Health Centre, Triple P Level 1 or 2, referral to Paediatrician

Services for toddler behaviour problems

- ▶ **Community Health**
- ▶ **Tresillian Residential Stay**-inpatient residential stay for families with parenting challenges, including sleep and settling, diet and nutrition, toddler behaviour, and the parents emotional health and well-being.
 - ▶ Contact Tresillian Parents Line on 1300 272 236
- ▶ **Karitane Inpatient Residential Stay** for families with children aged 0-4 years experiencing parenting challenges, including sleep and settling, toddler behaviour, anxiety and post-natal depression.
- ▶ **Triple P parenting, Level 1,2 and maybe 3**
- ▶ **Circle of Security**

Preschooler's Behaviours of Concern

▶ Typical behavioural concerns:

- ▶ Tantrums, non-compliance and Disobedience, defiance.
- ▶ Food acceptance and healthy eating.
- ▶ Sleep time routines.
- ▶ Telling lies
- ▶ Interrupting others.
- ▶ Stealing.
- ▶ Aggression to others.
- ▶ Problems with sharing.
- ▶ Peer Relationships

What To Do?

▶ Consider the possible causes of behaviour?

- ▶ Is this just typical toddler, preschooler behaviour?
- ▶ Is this a little bit more than what you might typically see?
- ▶ Is this an emerging disruptive behaviour
- ▶ Is this a possible developmental delay/disorder

▶ Consider recommendations:

- ▶ General advice?
- ▶ Primary level referrals? MH plan, Triple P, Community Health.
- ▶ Paediatrician review? Developmental delay, ASD, ADHD, Sleep Disorder, toileting disorder,

▶ While the family are Waiting

- ▶ Referrals to psychologist under MH Plan, Community Health, Parenting Programs with varying levels of intensity and speciality, Supported Playgroups, supported Preschool programs such as offered by ASPECT, Connect Family Services, Mountains Outreach Services

SUPPORTED PLAYGROUPS

- ▶ [Playgroups in the Blue Mountains | bmcc.nsw.gov.au](https://bmcc.nsw.gov.au)
- ▶ **Playgroups are important for bubs and parents!**
- ▶ They provide an informal way to meet and socialise for both child and adults. They also provide an opportunity to learn more about your community and services available to support you in your parenting.
- ▶ Parenting is an important job! Many families in the Mountains may not have family around them to provide that additional support or respite. Creating your own supports within your community can support you and support bub.
- ▶ **Different types of Playgroups – find what suits you and your child**
- ▶ **Playgroups for specific communities** for example Aboriginal parents, [Rainbow parents](#), first time parents, dads, grandparent carers, young parents, or parents of children with additional needs. Sometimes it is helpful being with “like” community for support that specific to your experience.

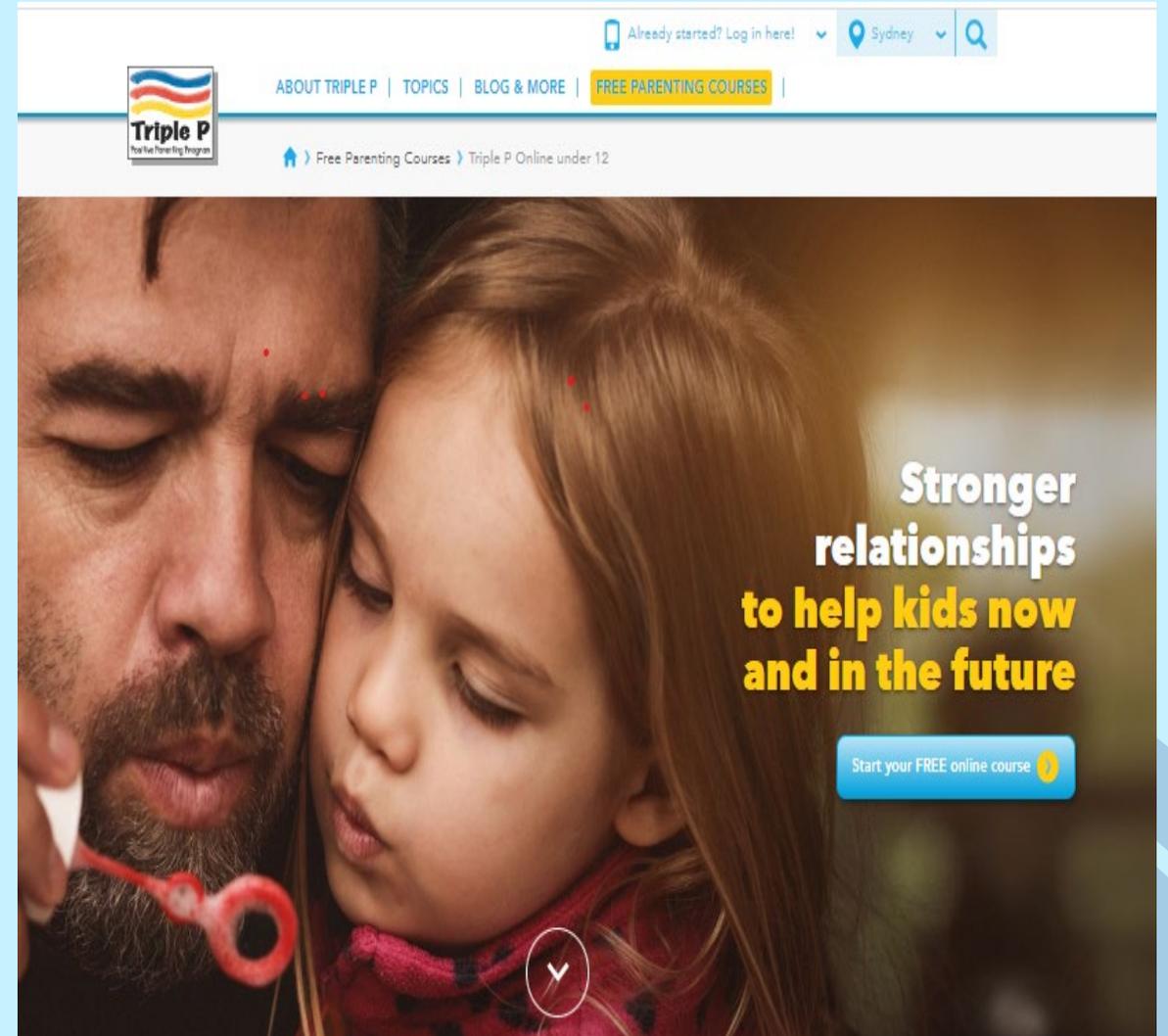
TRIPLE P PARENTING PROGRAMS

- ▶ www.triplep-parenting.net.au
- ▶ Highly Structured well researched parenting program
- ▶ Free service in Australia
- ▶ Can be done on-line and face to face
- ▶ Widely available
- ▶ Suitable for primary level intervention through to more complex behavioural concerns
- ▶ Different levels of intervention



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TRIPLE P APPROACH

▶ Encouraging Desirable Behaviour:

- ▶ Descriptive praise for desirable behaviour, positive attention when children are being good, providing engaging activities

▶ Teaching new Skills and Behaviours:

- ▶ Modelling desirable behaviours, 'Ask, Say, do', using verbal and physical prompts to teach new skills, use of behaviour charts

▶ Promoting Positive Relationships:

- ▶ Spending quality time with the child, frequent, brief amounts of time in child led activities, talking with children about their activities or interests



Managing Misbehaviour

Strategies for Promoting Children's Self-control		Recommended Age
Managing Misbehavior (Challenging Behaviors)		
Ground rules	Establish fair, specific and enforceable rules	3-12 years
Directed discussion	Identify and rehearse the appropriate behavior	3-12 years
Planned Ignoring	Intentionally ignore a problem behavior instead of reacting or giving negative attention to the child	1-7 years
Clear, Calm instructions	Give a clear instruction to start a new task, or to stop a problem behavior and start the appropriate alternative behavior	2-12 years
Logical consequences	Remove the activity or privilege at the center of a problem for a brief, set amount of time; Return the activity or privilege so the child can try again	2-12 years
Quiet time	When a problematic or serious behavior occurs and the above strategies have not worked, move the child to the edge of the activity for a brief, set amount of time; return child to activity when s/he is calm so s/he can try again.	18 months-10 years
Time out	When the problematic or serious behavior continues and the above strategies haven't worked, move child to an area away from others for a brief, set amount of time; Return child to activity when s/he is calm so s/he can try again.	2-10 years

Levels of Intervention

LEVELS OF INTERVENTION

The Triple P system consists of five levels of interventions of increasing strength. Many of the levels of interventions can be provided to individual families or to groups of families. The availability of the multiple levels and the flexibility in service delivery method enables parents to receive the intensity and format of services that will best meet their needs.

Level	Description
Level 1--Universal	Media –based parenting information campaign
Level 2--Selected	Information and tips for specific parenting concerns provided in 1-2 brief sessions or in large-group seminars
Level 3--Primary Care	Brief consultations about specific parenting concerns provided in 3-4 sessions
Level 4--Standard or Group	In-depth training in positive parenting skills, offered as 10 week sessions to individual families (Standard) or 8-week groups (Group)
Level 5--Enhanced	Additional support for families where parenting issues are compounded by parental stress and/or relationship difficulties
Level 5--Pathways	Additional support for families at risk for child maltreatment due to anger management and/or negative attributions about their children's behaviors

Levels of Intervention

- ▶ **Level 2 –Brief Primary Care:** provides a one-time assistance for parents who are generally coping well but have one or two concerns with their child’s behaviour or development.
- ▶ **Level 3-and 4 Triple P group**
 - ▶ **Group Triple 3:** Groups of no more than 12 parents attend five sessions and are supported with three phone counselling/catch-up sessions at home.
 - ▶ **Standard Triple P/Standard Teen Triple P** – For parents who need intensive support. Individual counseling delivered over ten (1 hour) sessions.
- ▶ **Triple P Online** – A comprehensive, eight-session web-based program that guides parents through Triple P's 17 core parenting skills. Based on the Standard Triple P program it includes opt-in text or email reminders of session goals and strategies.
- ▶ **Self-directed Triple P** – A ten week self-help program, based on a workbook. Parents who need additional support can receive weekly 15–30 minute telephone consultations.
- ▶ provider.

Additional Triple P Programs

- ▶ **Level 5-** Intensive support for families with complex concerns. Intensive support for families with complex concerns. Parents generally complete a Level 4 Standard or Group program before (or in conjunction with) a Level 5 course, however parents can also be referred by their Primary Care
- ▶ **Stepping Stones Triple**
 - ▶ For parents of pre-adolescent children who have a disability.
 - ▶ Stepping Stones has been shown to work with children with intellectual and physical disabilities who have disruptive behavior.
 - ▶ It can delivered in any of four ways – Selected Seminars, Primary Care, Group and Standard Triple P.
- ▶ **Topics covered**
 - ▶ Positive Parenting strategies,
 - ▶ Causes of behaviour problems



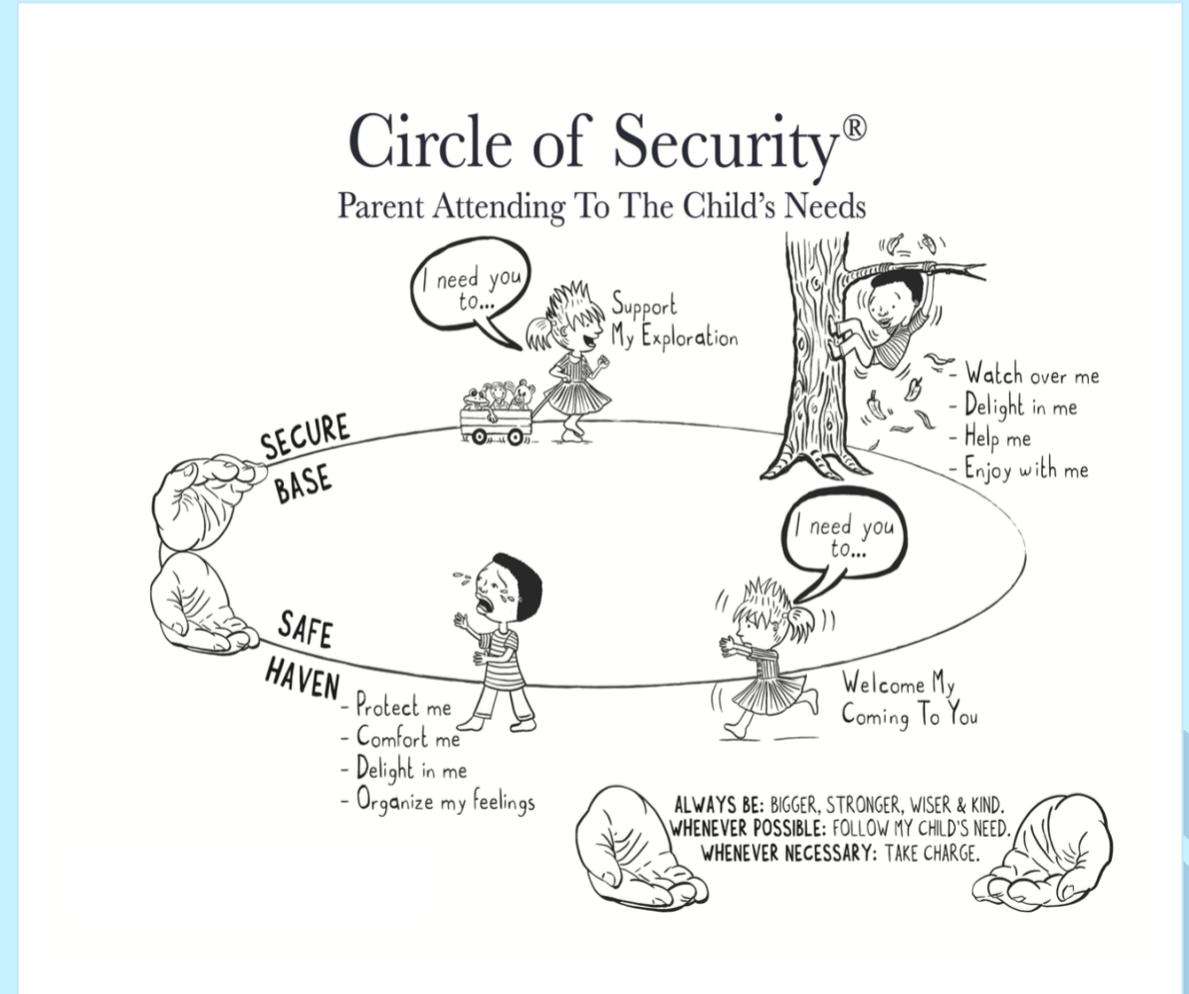
Promoting child development

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CIRCLE OF SECURITY

- ▶ Attachment based intervention
- ▶ Assumption that a secure attachment is a protective factor for infants and Preschoolers setting the foundations for social competence and emotion regulation
- ▶ Shifts the focus away from trying to change undesirable behaviours with rewards and punishment to seeing behaviour as communication of a need on the Circle and behaviour is changed by meeting the need.
- ▶ Parent will explore new ways to respond sensitively to the child's cues.
- ▶ Parents become more confident and children become more cooperative and compliant



Circle of Security is Suitable For? Providers

- ▶ Children 0-12 years
- ▶ Primary level intervention and higher
- ▶ Children with compliance and defiance issues, as well as tantrums, destructive behaviours,
- ▶ Weekly Workshops with 8-12 participants,
- ▶ Can be held in face to face group format, or on-line

Providers

- ▶ www.gatewayfamilyservices.org.au/evolve/parenting-programs (ph 02 47 206500)
- ▶ Relationships Australia ph 1300364277
- ▶ <https://www.circleofsecurityinternational.com/find-a-facilitator>



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TUNING INTO KIDS

- ▶ Parents of children under 12 years are helped to ‘tune in’ to their children and improve communication and connection with their kids.
- ▶ Strategies used help build ‘emotional intelligence’ in the child and the parent to manage behaviour.
- ▶ **Tuning into Kids: 12-36 months:** Parents taught skills in emotion coaching with emphasis on non-verbal ways to respond to emotions and focus on responding to the attachment and exploration needs of younger children.
- ▶ **Tuning into Kids: 3-12 years:** Parents taught emotion coaching, a way of responding to emotions that can help kids to understand and regulate and work through emotions, to manage behaviour and respond in socially appropriate ways

Skills Taught? Outcomes?

- ▶ Noticing a child's emotions before they become overwhelming for the child.
- ▶ Accept, validate and empathise with their child's emotions, to reflect upon or name the emotions being experienced
- ▶ Assist the child to work through the emotion and problem solve.
- ▶ Children learning skills in emotional intelligence, become more resilient so that when facing challenges they can talk about feelings and work through the experiences.
- ▶ Parents are taught to be aware of how they express their emotions to ensure positive models in managing emotions.
- ▶ Children will talk to their parents more, want greater contact with them, share more of their emotional experiences

Suitable for? and Availability?

- ▶ Children under 12 years
- ▶ Primary level intervention or higher.
- ▶ Children with compliance issues, disobedience, defiance, tantrums, 'meltdowns', destructive behaviours, emotion regulation issues, whining and crying.
- ▶ Delivered in two hour workshops over 6 sessions.
- ▶ Or, Online Program.

- ▶ Relationships Australia ph, 1300 364 277
- ▶ <https://tuningintokids.org.au/parents/>

PARENT CHILD INTERACTION THERAPY (PCIT)

- ▶ Designed for children aged 2-7 years with behavioural problems.
- ▶ Specialist program for children with emerging significant oppositional/compliance issues, defiance, possible trauma, and where the relationship is at risk.
- ▶ Conducted through ‘coaching’ sessions during which the children and parent are in a playroom and the therapist is in an observation room watching through a one-way mirror and providing live feedback through earphones.
- ▶ Moment by moment coaching on skills being learned to manage the child’s behaviour are provided.
- ▶ Usually requires 12-20 Sessions

PCIT-Treatment Phases

- ▶ **Phase 1:** Focuses on establishing warmth in the relationship between parent and child through learning and applying skills proven to help children feel calm, secure in their relationship with parent, and good about themselves.
 - ▶ Outcomes :
 - ▶ Decreased frequency of tantrums, activity level, negative attention seeking behaviours, parental frustration,
 - ▶ Increased feelings of security, safety and attachment. Attention span, self-esteem and pro-social behaviours.
- ▶ **Phase 2:** Strategies to manage the most challenging of the child's behaviours- including accepting the limits, complying with directions, respecting house rules, demonstrating appropriate behaviour in public.
 - ▶ Outcomes:
 - ▶ Decreased aggressive behaviour, destructive behaviour, defiance.
 - ▶ Increased compliance with adult requests, respect for house rules, improved behaviour in public, parental calmness and confidence during discipline

Suitable for? Provided by?

- ▶ Most suitable for children aged 2-5 (7) years with significant non-compliance, disobedience and oppositional behaviour, defiance, aggression and destructive behaviour.
- ▶ Usually when you are thinking possible referral to Paediatrician regarding possible ADHD/ODD, trauma and parent-child relationship issues, complex family situations resulting in child engaging in extreme 'acting out' behaviours.
- ▶ Provided by Karitane Free, face to face or on-line, referral from GP or Health Care Professional such as FCHN, or self-referral.
- ▶ <https://karitane.com.au/toddler-clinic> (kids aged 15m - 4 years with emotional and behavioural challenges)
- ▶ <https://karitane.com.au/kids-behaviour-clinic> (kids 3-5 years with emotional and behavioural challenges.
- ▶ <https://karitane.com.au/internet-parent-child-interaction-therapy> (Video-based teleconferencing, across regional NSW, free ph. 1300 227 464

1, 2, 3 Magic & 1,2,3 Magic & Emotion Coaching

- ▶ States that it breaks the complex job of parenting down to three simple steps:
 - ▶ Getting the kids to stop doing things you don't want them to do (tantrums, whining, etc)
 - ▶ Motivating the kids to start doing things you want them to do (cleaning up, homework etc)
 - ▶ Bonding with the kids
- ▶ Encourages parents to talk less: and focus on calm, non-verbal communication and signalling to help child to regulate emotions and respond appropriately to the situation.
- ▶ Appropriate for kids aged 2-12 years, neurotypical, and kids with ADHD, learning difficulties and other challenges.

Suitable for? Providers

- ▶ <https://123magic.com/parenting-tips/html>
 - ▶ www.parentshop.com.au/professionals/123-magic-for-professionals
 - ▶ www.gatewayfamilyservices.org.au (ph 1300316746)
- ▶ Suitable for typical childhood behaviour problems but can be useful adjunct for families dealing with children with disruptive behaviours

TRIPLE P PARENTING

- ▶ <https://www.triplep-parenting.net.au/au/free-parenting-courses/triple-p-online-for-baby/>
- ▶ <https://www.triplep-parenting.net.au/au/free-parenting-courses/triple-p-online-under-12/>
- ▶ <https://www.triplep-parenting.net.au/au/free-parenting-courses/fear-less-triple-p-online/>
- ▶ <https://www.triplep-parenting.net.au>
- ▶ Local Triple P Providers
- ▶ <https://www.triplep-parenting.net.au/au/contact/find-a-provider/>

To find local providers

ENTER YOUR CITY AND STATE, ZIP/POSTAL CODE OR CLICK THE CURRENT LOCATION ARROW
 Katoomba NSW, Australia 50 km

FILTER BY COURSE TYPE

SHOW MAP

LEGEND

PROVIDER LIST

NAME	ADDRESS	DISTANCE
LAPSTONE EARLY CHILDHOOD INTERVENTION SERVICE - LEONE MIZZI SOME FREE SESSIONS	9 Explorers Road, Lapstone, New South Wales, Australia Lapstone Preschool	30.6 km away
THE LEARNING HAVEN - JO GONZAGA	Penrith NSW, Australia	35.1 km away
SOLUTIONS IN MIND PSYCHOLOGY SERVICES - HELEN LOUISE THOMAS (PSYCHOLOGIST)	Penrith, NSW 2750 Suite 7, Level 1, 20-22 Woodriff Street	35.1 km away
NEPEAN BLUE MOUNTAINS LOCAL HEALTH DISTRICT - MEGAN CARNEGIE - BROWN FREE SESSIONS	Penrith NSW, Australia	35.1 km away
WESLEY MISSION - CAOLAN DURKIN	95 Henry Street, Penrith NSW, Australia Wesley Mission, Penrith	36.1 km away



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Tuning into Kids

- ▶ Relationships Australia ph 1300364277
- ▶ <https://tuningintokids.org.au/parents/> on line program
- ▶ <https://www.gatewayfamilyservices.org.au/evolve/parenting-programs> (ph. 1300316746)
- ▶ <https://catholiccarebb.org.au>



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Circle of Security

- ▶ Relationships Australia ph 1300364277
- ▶ <https://www.circleofsecurityinternational.com/find-a-facilitator>
- ▶ <https://www.Gatewayfamilyservices.org.au/evolve/parenting-programs> (ph. 1300316746)
- ▶ <https://catholiccarebb.org.au>

Lithgow

- ▶ Jackie Vogel Social Worker <http://linc.org.au> Lithgow Information and Neighbourhood Centre,
- ▶ Suzanne Craig, Family Counsellor, Lithgow ph 0418490829
- ▶ Donna Large, Educator, <http://linc.org.au>, Lithgow Information and Neighbourhood Centre,
 - ▶ 0447322582

Penrith

- ▶ Monica Purcell, Early educator <http://nepeancommunity.org.au> ph 0437699019
- ▶ Danielle Pautschnig, Counsellor <https://wholeheartcounsellingandwellness.com/>



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PARENT CHILD INTERACTION THERAPY

- ▶ <https://karitane.com.au/toddler-clinic> (kids aged 15m - 4 years with emotional and behavioural challenges)
- ▶ <https://karitane.com.au/kids-behaviour-clinic> (kids 3-5 years with emotional and behavioural challenges.
- ▶ <https://karitane.com.au/internet-parent-child-interaction-therapy> (Video-based teleconferencing, across regional NSW, free
- ▶ ph. 1300 227 464

SUPPORTED PLAYGROUPS

Blue Mountains LGA

- ▶ [Playgroups in the Blue Mountains | bmcc.nsw.gov.au](https://bmcc.nsw.gov.au)
- ▶ www.connectcfs.org.au/support-and-services/connect-early/
- ▶ aspecttherapynsw@aspect.org.au (Building Tots Transition to Preschool Program), for children not yet enrolled in an early childhood educational setting.

Nepean Penrith and Hawkesbury area

- ▶ www.playgroupnsw.org.au
- ▶ www.missionaustralia.com.au
- ▶ www.playgroup.nsw.org.au/PenritBuildintotEarlyChildhoodDevelopment
- ▶ www.relationshipsnsw.org.au
- ▶ <https://www.nepeancommunity.org.au>