

Aggressive Children



Solution
Based
Casework

Parents of children who are difficult to manage due to hitting, biting or other aggressive behaviors have learned that:

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1. Aggressive children do best when parents **provide consistent rules and routines** for everyday family activities. Without consistent structure, their emotions are difficult to control.
2. Parents and caretakers find they personally have to **avoid screaming, name-calling, throwing things, or hitting other family members**, even when provoked by the child's behavior in order to set an example.
3. Parents find they work better as a team when they **plan ahead what behavior will be acceptable and unacceptable**, based on an understanding of the child's age appropriate abilities.
4. Parents and caretakers are more confident and consistent when they **discuss and try to seek agreement on how they will respond** to the child's behavior, and when they develop options for difficult situations that might arise.
5. Parents who **learn non-aggressive discipline techniques** such as time-out, charting, rewards, and natural consequences, seem to do better with helping their children learn to control aggression.
6. 6. Parents often say it is necessary to **study and learn their own pattern of reacting to stressful situations**, so they can "practice what they preach." Aggressive children can trigger significant emotions in **all** parents.
7. Structure time for **opportunities for play that are safe, calm and simple**. Aggressive children have a deep need to feel safe and loved. Play that becomes rough is discontinued.
8. Children who have been aggressive in the past are helped when their **parents notice when they are able to control their anger**, and find ways to reward the non-aggressive behavior.