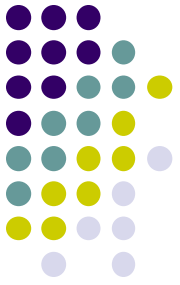
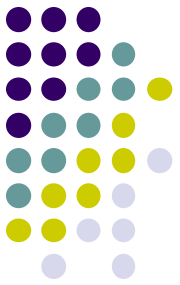


# **Behaviour problems in toddlers and preschoolers**

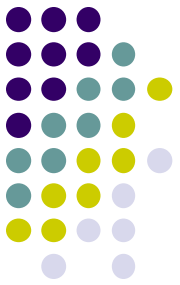
Rick Jarman  
Royal Children's Hospital Melbourne

George Abbott Symposium  
Christchurch New Zealand 19-20 August 2011





# What causes difficult behaviour



- Transactional model of child development suggests that behaviours are the result of the ongoing interaction between qualities within the child and qualities within the environment
- Behaviour problems in young children can mask underlying developmental problems.
- Normal vs abnormal



Genetics

Environment

**Disorder**

Developmental  
stage

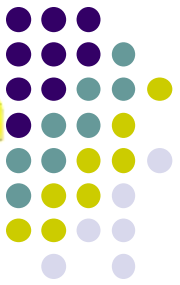
Functional impairments

## WHAT IS NORMAL?

BEHAVIOUR	AGE 2 %	AGE 3 %	AGE 4 %
Eats too little	50	26	37
Resists going to bed	70	46	56
Night-time waking	52	52	56
Wets bed at night	82	49	26
Hits others or takes things	68	52	46
Stubborn	95	92	85
Disobedient	82	76	78
Constantly seeks attention	94	48	42
Whines and nags	83	65	85
Active, hardly ever still	100	48	40

# Developmental trajectory of aggression

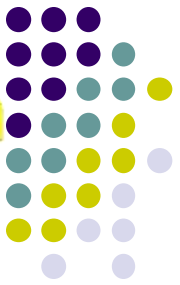
*(Tremblay Pediatrics 2004)*



- n = 572, 5 mths to 3 ½ yrs
  - Little / no aggression 28%
  - Mod / rising aggression 58%
  - High / rising aggression 14%
- Predictors
  - Young sibs, young maternal age, maternal antisocial behaviour, low income, smoking during pregnancy, coercive parenting, family dysfunction

# Developmental trajectory of aggression

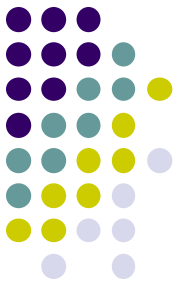
(Montreal Longitud study)



- 1000 boys followed to age 15
- Peak age of aggression 2-4 years
  - “Humans seem to learn to regulate the use of physical aggression during the preschool years”
- Persistent aggression predicted:
  - decreased chance of completing high school
  - Increasing chance of serious delinquency

*“The aggressive child needs to be educated into a state of pro-social adjustment”* (Hans Steiner, Stanford)





# Principles of behaviour management

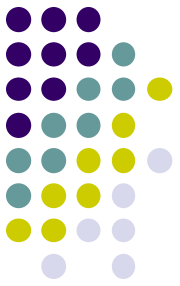
- Stabilise routines
- Provide special time
- Praise and reward positive behaviours
- Prioritise difficult behaviour
- Ignore minor difficult behaviours
- Immediate consequences for major difficult behaviours
- Minimise talking at time of misbehaviour

# Praise



- Eye contact
- Get close physically
- Touch
- Make praise immediate
- Praise the behaviour not the child

# Rewards



- Rewards should be used in brief intense bursts, not continued infrequently for long periods of time
- Keep rewards and consequences separate
- Reward not bribe
- Options:
  - Green marks
  - Stickers or stamps on hand
  - Sticker charts
  - Points charts
  - Random rewards

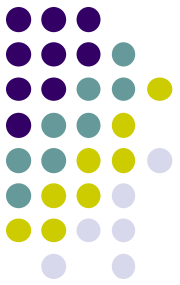
# ALAN'S GOOD BOY CHART.

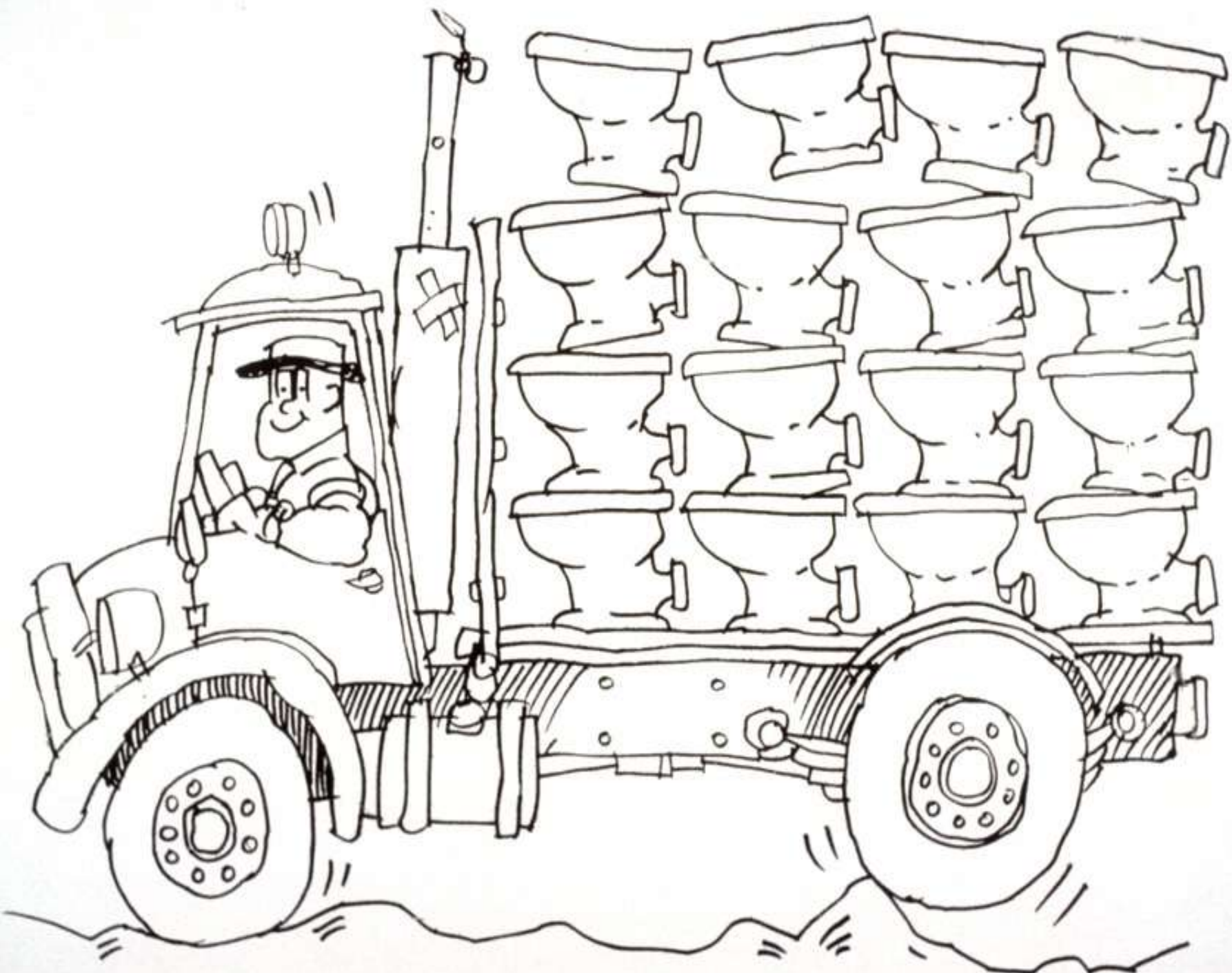


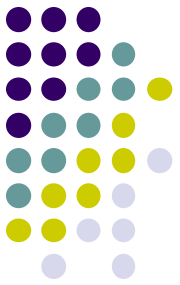




# JOHN'S GENTLE BOY CHART











ENCOURAGEMENT AWARD  
KARATE 1996



BEST PUNCH

Signature

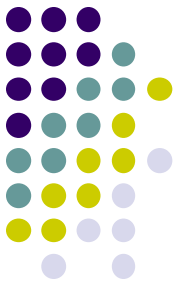
A handwritten signature in blue ink, appearing to be "J. J. J." or similar.

Date

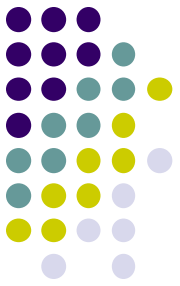
6-8-96



# Ignoring



- Look away
- Walk away
- Go into another room and busy yourself with something else
- Pay attention and praise the child the second the misbehaviour stops



# Talking to children

- Keep discussion to a minimum (if any) at time of misbehaviour
- Single logical explanation
- Empathy statement
- Act, ignore vs consequence
- Save the discussion until later

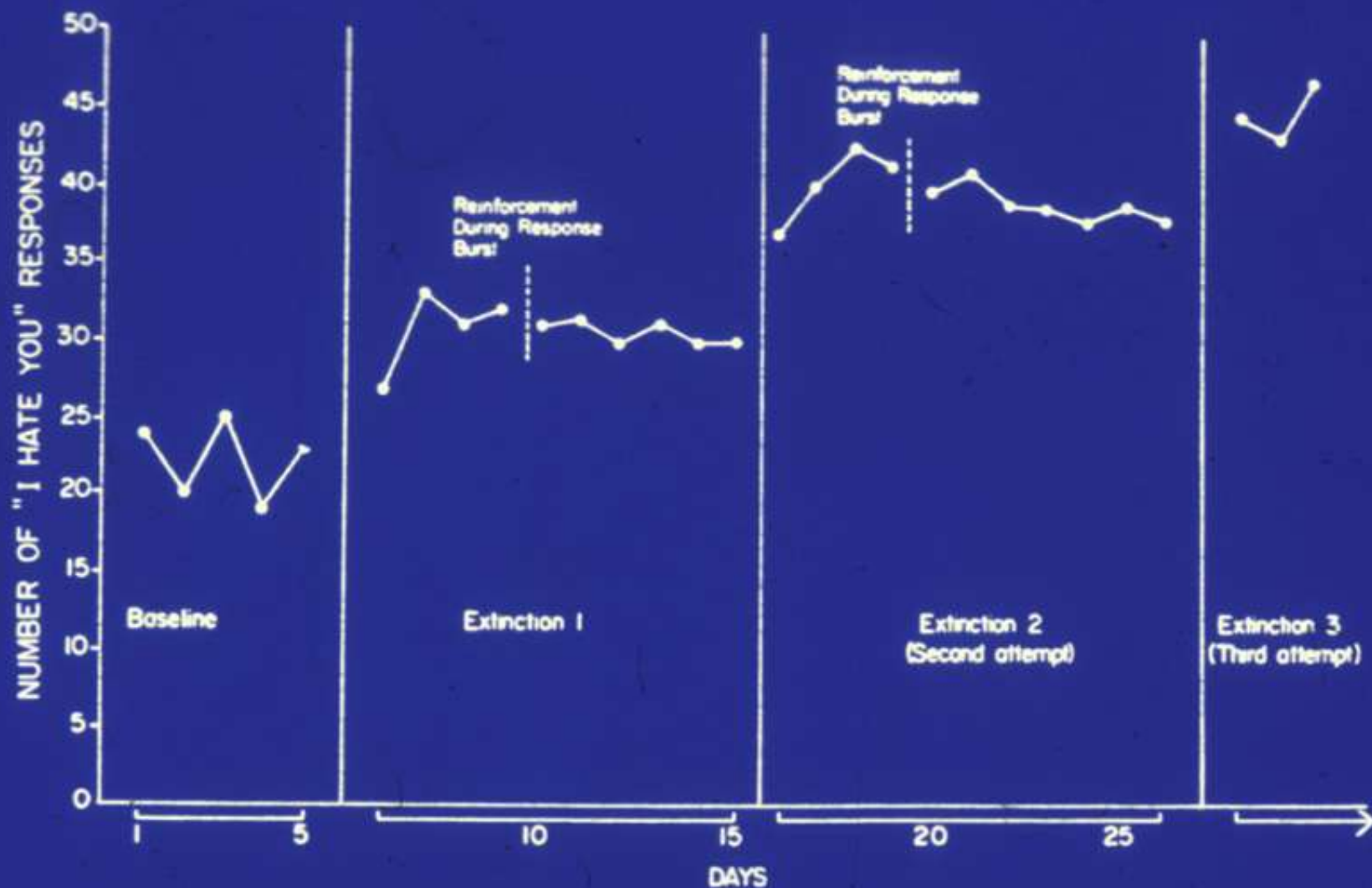


FIG. 2. Number of "I hate you" responses across days observed. The extinction procedure which was unsuccessful is reintroduced. However, the response burst is again reinforced, beginning a chain reaction.

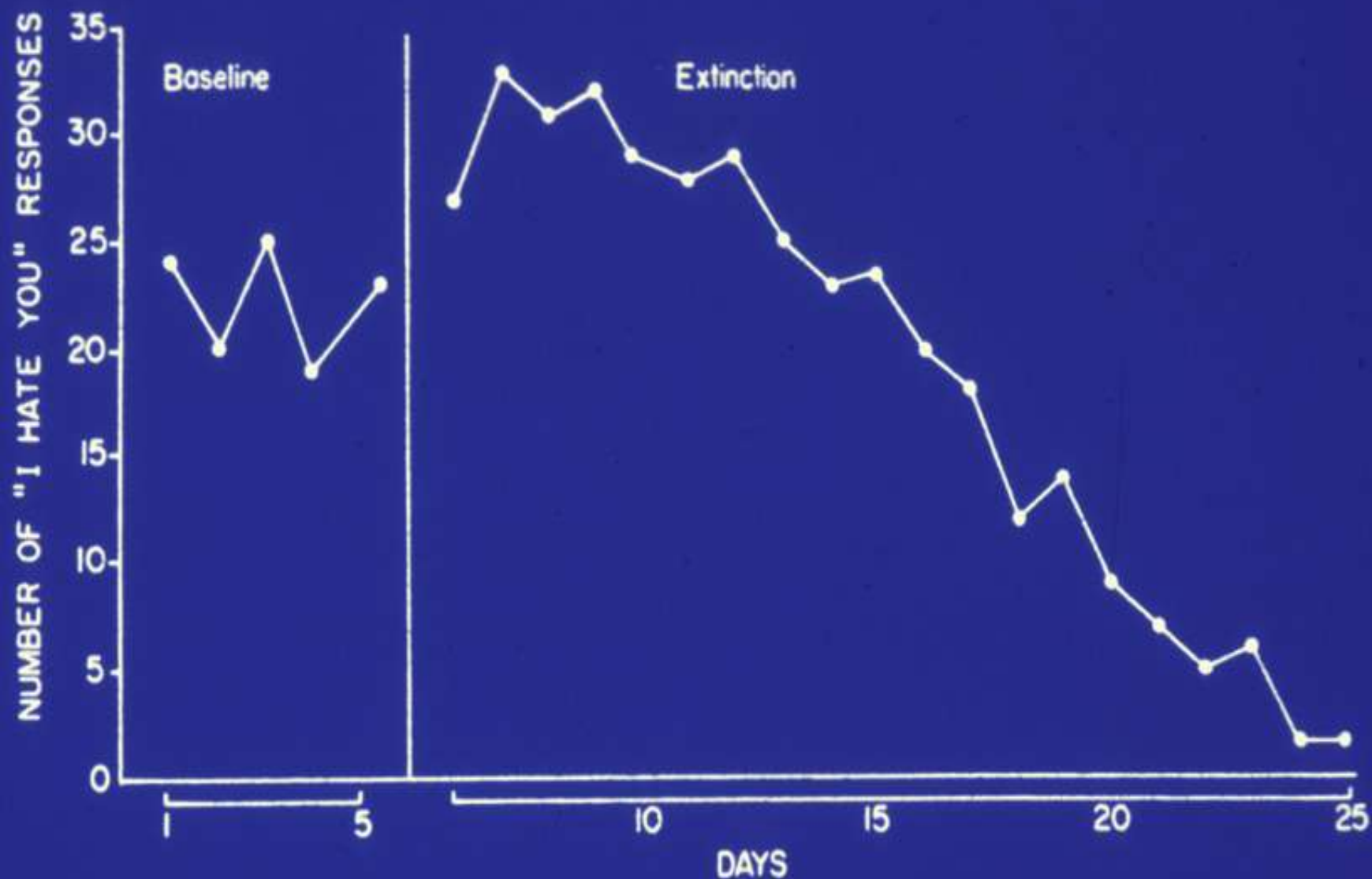


FIG. 1. Number of "I hate you" responses across days observed in baseline and extinction phases. Extinction procedure is carried out correctly.



WAP WAP WAP



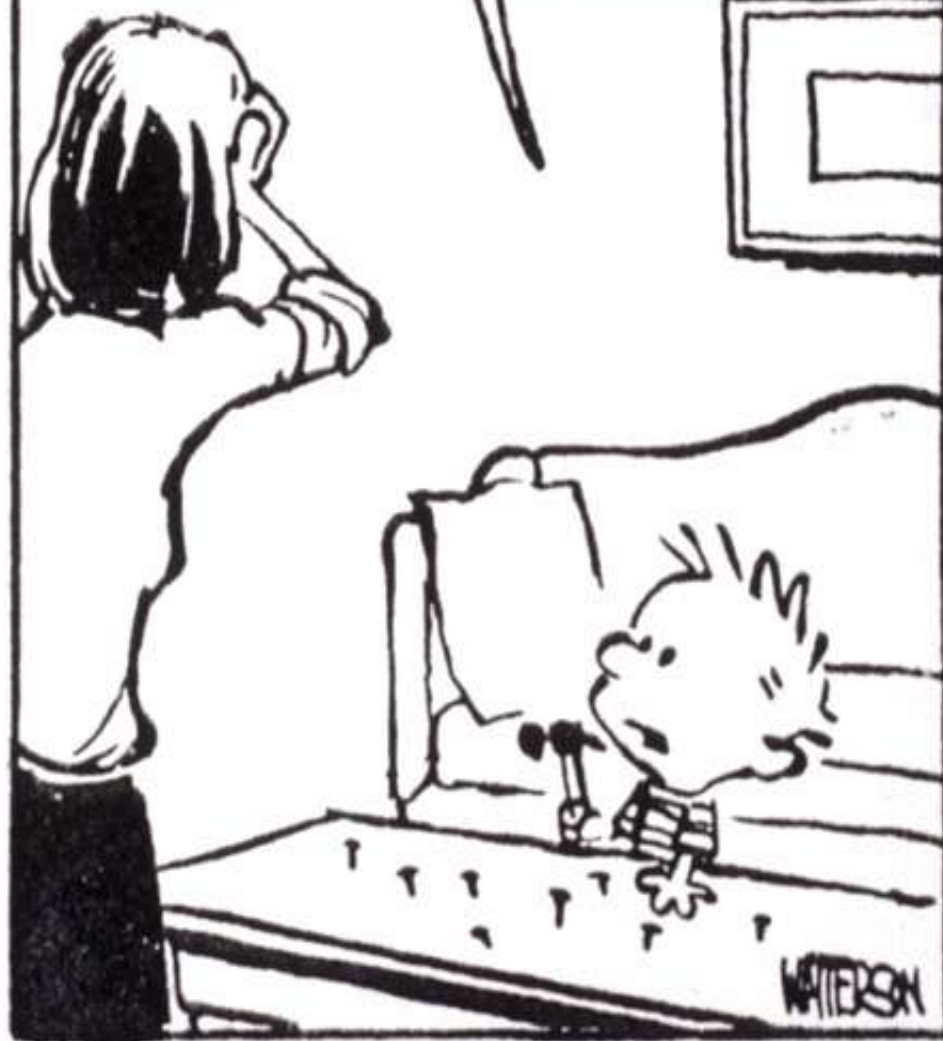
CALVIN! WHAT ARE  
YOU DOING TO THE  
COFFEE TABLE ?!/?



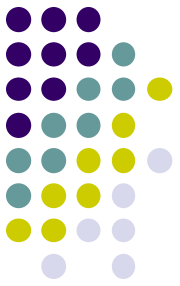
\*



IS THIS SOME SORT OF  
TRICK QUESTION, OR WHAT?



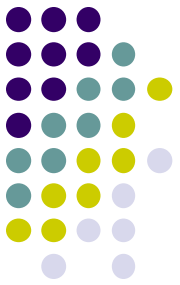
# Consequences



- Time out
- Withdrawal of privileges

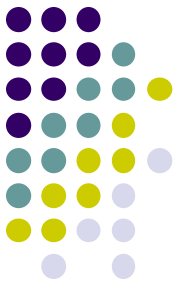


# Time out

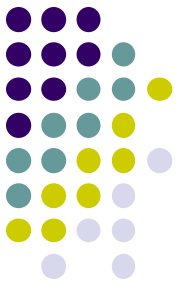


- Playpen vs chair vs bedroom vs laundry vs outside the back door
- Act immediately, 321 countdown, consequence
- At home, time out should involve isolation
- Outside the home, parent should stand aside with child, restraining him if necessary, but otherwise avoiding eye contact and not talking
- Maximum 1 min per year of age





# Withdrawal of privileges



- For example, loss of toy, missing out on treat, no TV
- Act immediately, 321 countdown, consequence
- Withdraw without delay, over within 2-24 hours
- Vary the item being withdrawn
- Consequences are about symbolism, not about making the child suffer. Don't worry if the child doesn't care or seem to be upset.



# Skeleton boat mystery

SEVEN barrels of bones have been discovered on a refugee boat forced ashore in Malaysia.

The 10 Vietnamese on board say the 30 skeletons are the remains of American servicemen killed during the Vietnam War. With the bones are metal tags bearing names and military units.

A Malaysian newspaper report suggested the boat people were trying to take the skeletons to the US embassy in Singapore to gain refuge in the US and collect cash rewards.

The US says it wants to test the remains.

Report, Page 3

50c

MORE THAN 1.5 MILLION READERS A DAY

McBarnes, Thurs., June 14, 1990 Phone 652 1311 (Classified 652 2323)

WEATHER City: Fine. Expected top 15. Yesterday 15. Details, Page 38

# SUPER CITY JOLT



## MFP outcry cripples bid

VICTORIA appears to have lost any chance of winning the \$7 billion-plus 'City of the Future' project.

The state's hopes are bolstered by a lack of support from the Cain Government.

Australian project organisers today will select the main site of 'hub' for the Multi-Function Point.

Their decision will be announced tomorrow.

But sources say Victoria's bid has been crippled by resistance within the Government, particularly through the Socialist Left portraying the MFP as an elitist Japanese-dominated enclave.

Edmore, Adelaide and Brisbane are now considered much more likely to be chosen as the hub of the project.

Adelaide has emerged with a surprisingly strong chance, but the Gold Coast is also considered a strong contender.

The futuristic city will bring together foreign capital and technology in a special urban city.

The State Government last night would not



By Sun man  
PETER  
WILSON  
in Tokyo

comment on suggestions that Victoria was out of the race.

Government sources said the Docklands project — the site named in Victoria's MFP bid — would go ahead regardless of whether Melbourne is selected.

The pressure from the Left and unions — some demanding the Government cut all ties with the project — has apparently led the Government to view the project as political dynamite.

And attacks from other critics, including anti-Japanese figures such as RML state president Bruce Ruxton, are believed to have rattled Melbourne's selection chances.

Mr Ruxton, who is in Canada, has described the MFP as something which would 'blot the sun'.

'This will be a vehicle for Japanese immigration,' Mr Ruxton said.

'The Japanese will run it, control it and gain most of the benefits.'

Strong opposition has continued despite repeated Federal Government assurances that the MFP will not become an enclave.

Yesterday the state workers gave the project the thumbs down and last night the RML, amid there were too many unanswered questions for the MFP to be established anywhere in Australia.

RML state secretary John Deighton said details of the project have been kept secret, and most Australians know little about it.

Asked whether he was pleased Victoria's chances of getting the MFP appeared to be fading, Mr Deighton said: 'No, because it shouldn't be going anywhere and people have been misled.'

'The whole thing has been too secretive. We'd like to know who's involved, how much Australian investment there will be in it and how will it affect our immigration policy.'

Continued Page 2

## A royal wallop

From our

London bureau

A SCHOOL sports day ended in tears for Prince William after Princess Diana smacked him on the bottom in full view of spectators yesterday.

Diana, who minutes earlier raced barefooted against 12 other mothers, was not in the mood for misbehaviour from the seven-year-old royal.

When he defied her orders and ran off to play with friends from Wellesley School in North London, Di was forced to give chase.

In front of a crowd of thousands she grabbed



IT'LL BE ON THE THRONE ONE DAY

the tearaway and smacked him firmly.

'She followed him on to the field, caught up with him and gave him a sharp smack on the backside,' said photographer Jim Bennett.

'William just started crying. The princess was clearly angry.'

The young prince was then ordered into the back of the family saloon and driven back to Kensington Palace.

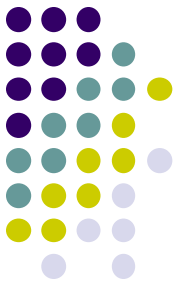
Back on the running track, Prince Charles had fared no better than Di. He lined up against 13 other dads, took off his jacket and dashed off. As the finishing line loomed, Di was one of the last in.

But the royal tickling-off has already sparked a public debate on whether parents should smack their children.

'It's a pity someone in her position should get such a poor example,' said psychologist Penelope Leach.



# Summary



- Some children are more difficult to parent than others
- Even extreme behaviour in toddlers and preschoolers usually has a good prognosis
- Children crave routine and sameness
- Increase praise and rewards when things are bad
- Keep rewards short and sharp
- Speak quietly and avoid reasoning at the time of misbehaviour
- Ignore minor irritating behaviours
- Impose consequences calmly, quickly, and firmly
- “Only take kids on over things that are important”. “If you are going to give in give in straight away” “If you take them on you must win” (JGH)

