

The Explosive Child Worksheets

Counseling: Social Skills Needs Assessment

Teachers: When a child is lagging in social skills, there may be an impact on a student's school functioning. This checklist is adapted from Dr. Ross Greene's Assessment of Lagging Skills & Unsolved Problems. This information will help us target the specific needs of students in your class for small groups. Please turn this in to your counselor.

Teacher: _____ Student: _____

	LAGGING SKILLS:	Rarely	Some-times	Often	Almost Always
1.	Difficulty maintaining focus				
2.	Difficulty considering the likely outcomes or consequences of actions (impulsive)				
3.	Difficulty managing emotional responses to frustration				
4.	Difficulty starting conversations, entering groups, connecting with people/lacking other basic social skills				
5.	Difficulty appreciating how his/her behavior is affecting other people				
6.	Difficulty talking at appropriate times (impulsive)				
7.	Difficulty handling disappointment/ losing at a game/not coming in first/not being first in line (specify)				

Comments: _____

The Explosive Child Worksheets: Practical Tools for Managing Challenging Behaviors

Are you a parent, teacher, or caregiver struggling to manage a child's explosive outbursts? Feeling overwhelmed and unsure how to best support them? You're not alone. Many children experience intense emotional regulation challenges, leading to explosive behaviors. This post provides a comprehensive guide to understanding and addressing these challenges, including a curated selection of readily available and highly effective "explosive child worksheets" designed to help both the child and the caregiver navigate these difficult situations. We'll explore various worksheet types, their applications, and how to integrate them into a holistic approach to behavior management.

Understanding the Roots of Explosive Behavior in Children

Before diving into worksheets, it's crucial to understand why a child might exhibit explosive behaviors. These outbursts aren't simply about "bad behavior"; they often stem from underlying issues like:

Emotional dysregulation: Difficulty managing and expressing strong emotions like anger, frustration, or sadness.

Sensory processing sensitivities: Over- or under-sensitivity to sensory input (sights, sounds, textures, etc.) can trigger overwhelming feelings.

Underlying mental health conditions: Conditions like ADHD, anxiety, or oppositional defiant disorder (ODD) can contribute to explosive behaviors.

Trauma or adverse childhood experiences (ACEs): Past trauma can significantly impact a child's ability to regulate emotions.

Lack of coping mechanisms: Children may not have developed healthy strategies for dealing with stress or difficult situations.

Identifying Triggers and Patterns

A key step in managing explosive behavior is identifying triggers. Keeping a detailed journal or using a worksheet designed to track triggers and responses can reveal patterns. This self-awareness is crucial for both the child and the caregiver. Some common triggers include:

Specific environments: Crowded places, loud noises, or unfamiliar settings.

Specific people: Interactions with certain individuals might escalate tension.

Specific tasks or demands: Schoolwork, chores, or transitions can be particularly challenging.

Physiological factors: Hunger, fatigue, or illness can significantly impact emotional regulation.

Types of Explosive Child Worksheets and Their Applications

Numerous worksheets can help children and caregivers manage explosive behaviors. Here are some key categories:

1. Identifying Emotions Worksheets:

These worksheets focus on helping children recognize and name their feelings. This fundamental skill is crucial for emotional regulation. They often include activities like matching faces to emotions, labeling emotions in scenarios, or creating emotion charts. These are particularly beneficial for younger children.

2. Trigger Tracking Worksheets:

As mentioned earlier, tracking triggers and associated responses is invaluable. These worksheets typically involve a table to record the time, location, trigger, child's response, and any mitigating

factors. This data helps identify patterns and develop proactive strategies.

3. Coping Skills Worksheets:

These worksheets introduce various coping mechanisms for managing intense emotions. Activities might include deep breathing exercises, progressive muscle relaxation techniques, or problem-solving strategies. Visual aids and step-by-step instructions are often incorporated for clarity.

4. Calm-Down Strategies Worksheets:

These focus specifically on techniques to de-escalate a situation during an outburst. They might include visual cues, sensory activities (like squeezing a stress ball), or scripts for calming self-talk.

5. Communication Skills Worksheets:

These worksheets address communication challenges, teaching children how to express their needs and feelings assertively without aggression. Role-playing scenarios and practicing communication techniques are commonly included.

Finding and Using Explosive Child Worksheets Effectively

Many free and printable worksheets are available online. Search for terms like "emotional regulation worksheets," "anger management worksheets for kids," or "coping skills worksheets for children." Remember to choose worksheets appropriate for the child's age and developmental level.

Integrating Worksheets into a Holistic Approach

Worksheets are just one component of a comprehensive strategy. They should be integrated with other interventions, such as:

Parent training programs: Learning effective parenting strategies is crucial.

Therapy: Individual or family therapy can provide personalized support.

Behavioral interventions: Strategies like positive reinforcement and consistent discipline can be highly effective.

Medication (if necessary): In some cases, medication may be recommended to manage underlying mental health conditions.

Conclusion

Managing a child's explosive behaviors requires patience, understanding, and a multi-faceted approach. "Explosive child worksheets" provide valuable tools to support both the child and the caregiver in developing emotional regulation skills, identifying triggers, and implementing effective

coping strategies. By combining these worksheets with other interventions, you can create a supportive environment that helps children learn to manage their emotions and build resilience. Remember to be patient and celebrate small victories along the way.

FAQs

1. Are these worksheets suitable for all children with explosive behavior? While many worksheets are helpful, it's crucial to choose those appropriate for the child's age and developmental level. For severe cases, professional help is essential.
2. How often should I use these worksheets? Consistency is key. Regular use, even just a few minutes each day, can make a significant difference.
3. What if my child refuses to use the worksheets? Make it a collaborative process. Involve the child in choosing worksheets, and try making the activities fun and engaging.
4. Where can I find reliable sources for these worksheets? Reputable websites offering educational resources for parents and educators are a good starting point. Look for websites affiliated with educational institutions or mental health organizations.
5. Should I expect immediate results from using these worksheets? Behavioral changes take time. Be patient and consistent. Celebrate small successes and adjust your approach as needed.

the explosive child worksheets: *The Explosive Child* Ross W. Greene, 2005 Provides a sensitive, practical approach to managing a child's severe noncompliance, temper outbursts and verbal or physical aggression at home and school. May also be useful for parents of children with oppositional defiant disorder (ODD).

the explosive child worksheets: *Collaborative Problem Solving* Alisha R. Pollastri, J. Stuart Ablon, Michael J.G. Hone, 2019-06-06 This book is the first to systematically describe the key components necessary to ensure successful implementation of Collaborative Problem Solving (CPS) across mental health settings and non-mental health settings that require behavioral management. This resource is designed by the leading experts in CPS and is focused on the clinical and implementation strategies that have proved most successful within various private and institutional agencies. The book begins by defining the approach before delving into the neurobiological components that are key to understanding this concept. Next, the book covers the best practices for implementation and evaluating outcomes, both in the long and short term. The book concludes with a summary of the concept and recommendations for additional resources, making it an excellent concise guide to this cutting edge approach. Collaborative Problem Solving is an excellent resource for psychiatrists, psychologists, social workers, and all medical professionals working to manage troubling behaviors. The text is also valuable for readers interested in public health, education, improved law enforcement strategies, and all stakeholders seeking to implement this approach within their program, organization, and/or system of care.

the explosive child worksheets: *Treating Explosive Kids* Ross W. Greene, J. Stuart Ablon, 2005-10-18 The first comprehensive presentation for clinicians of the groundbreaking approach popularized in Ross Greene's acclaimed parenting guide, *The Explosive Child*, this book provides a detailed framework for effective, individualized intervention with highly oppositional children and

their families. Many vivid examples and Q&A sections show how to identify the specific cognitive factors that contribute to explosive and noncompliant behavior, remediate these factors, and teach children and their adult caregivers how to solve problems collaboratively. The book also describes challenges that may arise in implementing the model and provides clear and practical solutions. Two special chapters focus on intervention in schools and in therapeutic/restrictive facilities.

the explosive child worksheets: *Lost at School* Ross W. Greene, 2014-09-30 Counsels parents and educators on how to best safeguard the interests of children with behavioral, emotional, and social challenges, in a guide that identifies the misunderstandings and practices that are contributing to a growing number of student failures.

the explosive child worksheets: *Lost and Found* Ross W. Greene, 2016-04-25 Implement a more constructive approach to difficult students *Lost and Found* is a follow-up to Dr. Ross Greene's landmark works, *The Explosive Child* and *Lost at School*, providing educators with highly practical, explicit guidance on implementing his Collaborative & Proactive Solutions (CPS) Problem Solving model with behaviorally-challenging students. While the first two books described Dr. Greene's positive, constructive approach and described implementation on a macro level, this useful guide provides the details of hands-on CPS implementation by those who interact with these children every day. Readers will learn how to incorporate students' input in understanding the factors making it difficult for them to meet expectations and in generating mutually satisfactory solutions. Specific strategies, sample dialogues, and time-tested advice help educators implement these techniques immediately. The groundbreaking CPS approach has been a revelation for parents and educators of behaviorally-challenging children. This book gives educators the concrete guidance they need to immediately begin working more effectively with these students. Implement CPS one-on-one or with an entire class Work collaboratively with students to solve problems Study sample dialogues of CPS in action Change the way difficult students are treated The discipline systems used in K-12 schools are obsolete, and aren't working for the kids to whom they're most often applied - those with behavioral challenges. *Lost and Found* provides a roadmap to a different paradigm, helping educators radically transform the way they go about helping their most challenging students.

the explosive child worksheets: *Emotional Intensity in Gifted Students* Christine Fonseca, 2021-09-03 Teaching children how to manage their intense emotions is one of the most difficult aspects of parenting or educating gifted children. *Emotional Intensity in Gifted Students: Helping Kids Cope With Explosive Feelings* provides a much-needed resource for parents and educators for understanding of why gifted children are so extreme in their behavior and how to manage the highs and lows that accompany emotional intensity. Presented in an easy-to-read, conversational style, this revised and updated second edition contains additional chapters addressing temperament and personality development, as well as expanded role-plays and strategies designed to show parents and teachers how to interact and guide gifted children in a way that teaches them how to recognize, monitor, and adjust their behavior. Updated resources and worksheets make this practical resource a must-read for anyone wishing to make a positive and lasting impact on the lives of gifted children.

the explosive child worksheets: *A Volcano in My Tummy* Eliane Whitehouse, Warwick Pudney, 1996-01-01 *A Volcano in My Tummy: Helping Children to Handle Anger* presents a clear and effective approach to helping children and adults alike understand and deal constructively with children's anger. Using easy to understand yet rarely taught skills for anger management, including how to teach communication of emotions, *A Volcano in My Tummy* offers engaging, well-organized activities which help to overcome the fear of children's anger which many adult care-givers experience. By carefully distinguishing between anger the feeling, and violence the behavior, this accessible little book, primarily created for ages 6 to thirteen, helps to create an awareness of anger, enabling children to relate creatively and harmoniously at critical stages in their development. Through activities, stories, articles, and games designed to allow a multi-subject, developmental approach to the topic at home and in school, *A Volcano in My Tummy* gives us the tools we need to put aside our problems with this all-too-often destructive emotion, and to have fun while we're at it. Elaine Whitehouse is a teacher, family court and private psychotherapist, mother of two and leader

of parenting skills workshops for eight years. Warwick Pudney is a teacher and counsellor with ten years experience facilitating anger management, abuser therapy and men's change groups, as well as being a father of three. Both regularly conduct workshops.

the explosive child worksheets: Over 60 Techniques, Activities & Worksheets for Challenging Children & Adolescents Susan Epstein, 2012 Over the past 30 years we have seen a rise in explosive, challenging and resistant behaviors in children and adolescents. What use to work with difficult kids may not be working for professionals and parents alike. A new approach is needed that is tailored to the individual need and is directive, creative - and FUN. This cutting-edge tips workbook will guide professionals in working with children, adolescents and families across multiple settings and treatment modalities. Inside, find easy to use worksheets, handouts and step-by-step tips and proven techniques to foster the working relationship required to elicit change and healing.

the explosive child worksheets: The Uncontrollable Child Matis Miller, 2021-04-01 Evidence-based skills, insight, and methods drawn from dialectical behavior therapy (DBT) to help you gain a greater understanding of your child's behavior, parent them with compassion and confidence, and restore peace to your home. Is your child extremely irritable most of the time? Do they have difficulty interpreting social cues? Are they impulsive and prone to outbursts or explosive rages? Parenting a child who has emotional dysregulation can be a bumpy ride. You've probably received advice—some of it unsolicited—from friends, teachers, and family members. But strategies and techniques that work for other kids are usually ineffective when it comes to your unique child, and can even lead to more stress for everyone in your family. The Uncontrollable Child is here to help. Written for parents of children with emotion dysregulation disorders, including disruptive mood dysregulation disorder (DMDD), The Uncontrollable Child is a lifeline. It contains a powerful set of skills based in dialectical behavior therapy (DBT)—including mindfulness, validation, limit-setting, and behavior-shaping—to help you better understand your child and their behavior, and successfully find balance between acceptance and change, flexibility and consistency, and limits and love. As a parent, you want the very best for your child, but if you have a child with explosive emotions, you need extra help. Let this book guide you toward creating a nurturing, healthy, and loving environment in which your whole family can thrive.

the explosive child worksheets: Cognitive-Behavioral Therapy for Anger and Aggression in Children Denis G. Sukhodolsky, Lawrence Scahill, 2012-07-24 This highly practical book presents an evidence-based individual therapy approach for children and adolescents experiencing anger problems. Comprising 10 child sessions and three parent sessions, the treatment addresses anger management, problem solving, and social skills. Sessions are described in step-by-step detail, complete with helpful case examples and therapist scripts. The authors show how to flexibly implement a range of cognitive and behavioral strategies while maintaining treatment fidelity. Reproducibles include 38 worksheets and handouts, plus therapist checklists and parent forms, all in a convenient large-size format for easy photocopying.

the explosive child worksheets: Parenting a Child Who Has Intense Emotions Pat Harvey, Jeanine Penzo, 2009 Discusses handling children with intense emotions, including managing emotional outbursts both at home and in public, promoting mindfulness, and teaching correct behavioral principles to children.

the explosive child worksheets: Anger Management Workbook for Kids Samantha Snowden, 2018-11-27 The Anger Management Workbook for Kids offers kid-friendly exercises and interactive activities to feel happier, calmer, and take control of anger. Everyone gets angry, but teaching kids how to respond to anger is what really matters. The Anger Management Workbook for Kids offers fun, interactive activities to help kids handle powerful emotions for a lifetime of healthy behavioral choices. From drawing a picture of what anger looks like to building a vocabulary for communicating feelings, the activities in this workbook give kids ages 6-12 the skills to understand and talk about anger habits and triggers. With this foundation, kids will learn positive and proactive strategies to deal with anger through gratitude, friendliness, and self-kindness. At home, school, or with friends, the Anger Management Workbook for Kids equips kids to take control of anger, with: A

close look at anger that helps kids and parents identify habits and triggers, and recognize how anger feels to them. Interactive exercises that provide a fun format for learning how to communicate feelings, needs, and wants to take control of angry outbursts. Feel-good habits that help kids develop better responses to anger by cultivating self-kindness, joy, and appreciation. Anger is a regular emotion just like joy, sadness, and fear--but sometimes anger acts bossy. Give your kids to the power to say STOP to anger with the Anger Management Workbook for Kids.

the explosive child worksheets: Opening Our Arms Kathy Regan, 2006-11-01 A bird's eye view of a group of people undertaking major change, this is the story of one child psychiatric unit and a profound questioning of the humanity of current practice in child welfare. It offers the experience of building, through collaborative effort, a child and family-centered care facility as an alternative to the existing model.

the explosive child worksheets: The Out-of-Sync Child Carol Stock Kranowitz, 2006-04-04 The groundbreaking book that explains Sensory Processing Disorder (SPD)--and presents a drug-free approach that offers hope for parents--now revised and updated. Does your child exhibit... Over-responsivity--or under-responsivity--to touch or movement? A child with SPD may be a sensory avoider, withdrawing from touch, refusing to wear certain clothing, avoiding active games--or he may be a sensory disregarder, needing a jump start to get moving. Over-responsivity--or under-responsivity--to sounds, sights taste, or smell? She may cover her ears or eyes, be a picky eater, or seem oblivious to sensory cues. Cravings for sensation? The sensory craver never gets enough of certain sensations, e.g., messy play, spicy food, noisy action, and perpetual movement. Poor sensory discrimination? She may not sense the difference between objects or experiences--unaware of what she's holding unless she looks, and unable to sense when she's falling or how to catch herself. Unusually high or low activity level? The child may be constantly on the go--wearing out everyone around him--or move slowly and tire easily, showing little interest in the world. Problems with posture or motor coordination? He may slouch, move awkwardly, seem careless or accident-prone. These are often the first clues to Sensory Processing Disorder--a common but frequently misdiagnosed problem in which the central nervous system misinterprets messages from the senses. The Out-of-Sync Child offers comprehensive, clear information for parents and professionals--and a drug-free treatment approach for children. This revised edition includes new sections on vision and hearing, picky eaters, and disorders such as autism, among other topics.

the explosive child worksheets: The Importance of Being Little Erika Christakis, 2016-02-09 "Christakis . . . expertly weaves academic research, personal experience and anecdotal evidence into her book . . . a bracing and convincing case that early education has reached a point of crisis . . . her book is a rare thing: a serious work of research that also happens to be well-written and personal . . . engaging and important." --Washington Post What kids need from grown-ups (but aren't getting)...an impassioned plea for educators and parents to put down the worksheets and flash cards, ditch the tired craft projects (yes, you, Thanksgiving Handprint Turkey) and exotic vocabulary lessons, and double-down on one, simple word: play. --NPR The New York Times bestseller that provides a bold challenge to the conventional wisdom about early childhood, with a pragmatic program to encourage parents and teachers to rethink how and where young children learn best by taking the child's eye view of the learning environment To a four-year-old watching bulldozers at a construction site or chasing butterflies in flight, the world is awash with promise. Little children come into the world hardwired to learn in virtually any setting and about any matter. Yet in today's preschool and kindergarten classrooms, learning has been reduced to scripted lessons and suspect metrics that too often undervalue a child's intelligence while overtaxing the child's growing brain. These mismatched expectations wreak havoc on the family: parents fear that if they choose the "wrong" program, their child won't get into the "right" college. But Yale early childhood expert Erika Christakis says our fears are wildly misplaced. Our anxiety about preparing and safeguarding our children's future seems to have reached a fever pitch at a time when, ironically, science gives us more certainty than ever before that young children are exceptionally strong thinkers. In her pathbreaking book, Christakis explains what it's like to be a young child in America today, in a world

designed by and for adults, where we have confused schooling with learning. She offers real-life solutions to real-life issues, with nuance and direction that takes us far beyond the usual prescriptions for fewer tests, more play. She looks at children's use of language, their artistic expressions, the way their imaginations grow, and how they build deep emotional bonds to stretch the boundaries of their small worlds. Rather than clutter their worlds with more and more stuff, sometimes the wisest course for us is to learn how to get out of their way. Christakis's message is energizing and reassuring: young children are inherently powerful, and they (and their parents) will flourish when we learn new ways of restoring the vital early learning environment to one that is best suited to the littlest learners. This bold and pragmatic challenge to the conventional wisdom peels back the mystery of childhood, revealing a place that's rich with possibility.

the explosive child worksheets: The Whole-Brain Child Workbook Daniel J. Siegel, Tina Payne Bryson, 2015-05 Based on their NY Times Best Selling book, *The Whole-Brain Child*, internationally acclaimed neuropsychiatrist Dan Siegel and brain-based parenting expert Tina Payne Bryson have created a workbook to apply Whole-Brain principles. *The Whole-Brain Child Workbook* has a unique, interactive approach that allows readers not only to think more deeply about how the ideas fit their own parenting approach, but also develop specific and practical ways to implement the concepts -- and bring them to life for themselves and for their children. Dozens of clear, practical and age specific exercises and activities. Applications for clinicians, parents, educators, grandparents and care-givers.

the explosive child worksheets: The Zones of Regulation Leah M. Kuypers, 2011 ... a curriculum geared toward helping students gain skills in consciously regulating their actions, which in turn leads to increased control and problem solving abilities. Using a cognitive behavior approach, the curriculum's learning activities are designed to help students recognize when they are in different states called zones, with each of four zones represented by a different color. In the activities, students also learn how to use strategies or tools to stay in a zone or move from one to another. Students explore calming techniques, cognitive strategies, and sensory supports so they will have a toolbox of methods to use to move between zones. To deepen students' understanding of how to self-regulate, the lessons set out to teach students these skills: how to read others' facial expressions and recognize a broader range of emotions, perspective about how others see and react to their behavior, insight into events that trigger their less regulated states, and when and how to use tools and problem solving skills. The curriculum's learning activities are presented in 18 lessons. To reinforce the concepts being taught, each lesson includes probing questions to discuss and instructions for one or more learning activities. Many lessons offer extension activities and ways to adapt the activity for individual student needs. The curriculum also includes worksheets, other handouts, and visuals to display and share. These can be photocopied from this book or printed from the accompanying CD.--Publisher's website.

the explosive child worksheets: Counselling Children Kathryn Geldard, David Geldard, Rebecca Yin Foo, 2017-11-06 The definitive guide to the skills and techniques used when working with children experiencing emotional problems, this book covers all you need to know about: The goals for counselling children and the child-counsellor relationship Practice frameworks for working effectively with children Play therapy and the use of different media and activities Building self-esteem and social skills through the use of worksheets. This fifth edition has been updated to include: A new chapter on technology; its influence on children and ways that technology can be used during counselling New content on issues of diversity and difference in counselling children The different contexts in which counselling children occur Discussion of concepts of wellbeing and resilience Updated references and research. The book is supported by a new companion website that provides training materials and handouts on a range of skills for counselling children including: helping the child to tell their story sand tray work, the use of miniature animals, the use of clay, and helping the child to change thoughts and behaviour. This highly practical guide is vital reading for counsellors, psychologists, social workers, occupational therapists, nurses and teachers working or training to work with children.

the explosive child worksheets: *Mindful Parenting for ADHD* Mark Bertin, 2015-09-01 Written by a pediatrician and based in proven-effective mindfulness techniques, this book will help you and your child with attention deficit/hyperactivity disorder (ADHD) keep calm, flexible, and in control. If you are a parent of a child with attention deficit/hyperactivity disorder (ADHD), you probably face many unique daily challenges. Kids with ADHD are often inattentive, hyperactive, and impulsive, since ADHD affects all of self-management and self-regulation. As a result, you might become chronically frustrated or stressed out, which makes caring for ADHD that much harder. In this book, a developmental pediatrician presents a proven-effective program for helping both you and your child with ADHD stay cool and collected while remaining flexible, resilient, and mindful. Bertin addresses the various symptoms of ADHD using non-technical language and a user-friendly format. In addition, he offers guidelines to help you assess your child's strengths and weaknesses, create plans for building skills and managing specific challenges, lower stress levels for both yourself and your child, communicate effectively, and cultivate balance and harmony at home and at school. If you are a parent, caregiver, or mental health professional, this book provides a valuable guide.

the explosive child worksheets: *Fair Play* Eve Rodsky, 2021-01-05 AN INSTANT NEW YORK TIMES BESTSELLER • A REESE'S BOOK CLUB PICK Tired, stressed, and in need of more help from your partner? Imagine running your household (and life!) in a new way... It started with the Sh*t I Do List. Tired of being the “shefault” parent responsible for all aspects of her busy household, Eve Rodsky counted up all the unpaid, invisible work she was doing for her family—and then sent that list to her husband, asking for things to change. His response was...underwhelming. Rodsky realized that simply identifying the issue of unequal labor on the home front wasn't enough: She needed a solution to this universal problem. Her sanity, identity, career, and marriage depended on it. The result is *Fair Play*: a time- and anxiety-saving system that offers couples a completely new way to divvy up domestic responsibilities. Rodsky interviewed more than five hundred men and women from all walks of life to figure out what the invisible work in a family actually entails and how to get it all done efficiently. With 4 easy-to-follow rules, 100 household tasks, and a series of conversation starters for you and your partner, *Fair Play* helps you prioritize what's important to your family and who should take the lead on every chore, from laundry to homework to dinner. “Winning” this game means rebalancing your home life, reigniting your relationship with your significant other, and reclaiming your Unicorn Space—the time to develop the skills and passions that keep you interested and interesting. Stop drowning in to-dos and lose some of that invisible workload that's pulling you down. Are you ready to try *Fair Play*? Let's deal you in.

the explosive child worksheets: *Beyond Behaviours* Mona Delahooke, 2020-03-19 A PARADIGM SHIFT FOR CAREGIVERS THAT WILL REVOLUTIONIZE THE WAY YOU APPROACH, TREAT OR PARENT A CHILD WITH CHALLENGING OR EXPLOSIVE BEHAVIOURS. When you are confronted with a child who is troubled, disruptive, oppositional, defiant or angry - whether you are a parent or a teacher - it can be difficult to know the best way to support them. Traditional methods of 'shaping' a child's behaviour can often be at best ineffective, at worst distressing, for child and adult alike. Drawing on 30 years of experience, internationally known paediatric psychologist Dr Mona Delahooke describes these troubled behaviours as the 'tip of the iceberg', important signals that point to deeper, individual differences in the child that we need to understand and address before we can resolve behavioural challenges. Using the very latest neuroscientific research *Beyond Behaviours* makes the case that many children who can't seem to behave simply don't have the developmental capacity to do so - yet. This book uses neuroscientific findings to help you deconstruct behaviour challenges, and to discover their cause and triggers for your child. It will show you how to apply this knowledge across a variety of behaviour spectrums, from children diagnosed with autism or other forms of neurodiversity, to those who might have been exposed to toxic stress or trauma during their early years. There are practical strategies to implement at every stage, backed up by impactful worksheets and charts, with a strong emphasis not on 'managing' behaviour, but instead on helping children and families build positive experiences to counteract the stress and pressure felt by everybody when you're working, or living, with a child who has

behavioural challenges. Accessible, practical, warmly supportive and steeped in research and clinical expertise, *Beyond Behaviours* offers a break-through book which guides us - parents and caregivers alike - to the realisation that the most important tool in our toolkit is always our connection with the child standing in front of us.

the explosive child worksheets: *Parent Child Journey* Dan Shapiro M D, 2016-11-25 Author, pediatrician, and developmental- behavioral expert Dan Shapiro, MD, divides his new parenting guide, *Parent Child Journey*, into ten different miles. Each mile represents an interactive session that brings you closer to understanding your child's behavior and learning effective strategies. The first mile includes the Gander, an assessment tool Shapiro developed to help describe your child's developmental profile-and yours too. Respecting the different learning styles of children and parents, he presents the Gander in a variety of ways: as a standard rating scale with explanatory text, but also as a picture, a song, and a map. Then, Shapiro takes parents through nine other sessions, continuing to present his evidence-based training program as a uniquely creative integration of standard discussion, real-life vignettes, richly illustrated fable, worksheets, and homework assignments. Throughout *Parent Child Journey*, Shapiro emphasizes, Just because your child's behavior may be complicated, does not mean it is incomprehensible. *Parent Child Journey* combines serious help with whimsical presentation-supporting and teaching parents, even as it engages and entertains. With this comprehensive new guide, Shapiro reassures parents that they are not alone on this journey.

the explosive child worksheets: *Helping Your Angry Child* Darlyne Gaynor Nemeth, 2003 This interactive, self-help workbook is for parents who need practical responses to their children's anger. Illustrations & charts.

the explosive child worksheets: *When Your Kids Push Your Buttons* Bonnie Harris, 2014-05-01 As a parent, there are certain things that are guaranteed to push your buttons. You behave in ways you later regret, and your child learns to manipulate you. Rather than focusing on how you can change your child's behaviour, this deeply insightful and wonderfully wise book focuses on you, the parent. *When Your Kids Push Your Buttons* shows that it is your own attitudes and perceptions rather than your child's behaviour that spark your anger - and these are often based on your own relationship with your parents. Discover how to:· End the cycle of action and reaction between you and your child· See the hidden messages of both children and parents' anger· Understand why your own hidden agendas and standards as parents might push your child to act out· Address behaviour problems, not with anger, but with new solutions· Break free of the past and connect with your children. Filled with anecdotes from real parents and based on hundreds of real-life situations, this book is destined to become a parenting classic.

the explosive child worksheets: *Why Is My Child in Charge?* Claire Lerner, 2021-09-02 Solve toddler challenges with eight key mindshifts that will help you parent with clarity, calmness, and self-control. In *Why is My Child in Charge?*, Claire Lerner shows how making critical mindshifts—seeing children's behaviors through a new lens —empowers parents to solve their most vexing childrearing challenges. Using real life stories, Lerner unpacks the individualized process she guides parents through to settle common challenges, such as throwing tantrums in public, delaying bedtime for hours, refusing to participate in family mealtimes, and resisting potty training. Lerner then provides readers with a roadmap for how to recognize the root cause of their child's behavior and how to create and implement an action plan tailored to the unique needs of each child and family. *Why is My Child in Charge?* is like having a child development specialist in your home. It shows how parents can develop proven, practical strategies that translate into adaptable, happy kids and calm, connected, in-control parents.

the explosive child worksheets: *Families With Power* Mary Cowhey, 2022 What if the families of students most impacted by the opportunity gap somehow had the power to organize whatever activities they felt would best help their children succeed? That's the question that began *Families with Power/Familias con Poder (FWP)*, a grassroots organization of low-income students and caregivers in Northampton, MA. Through vignettes and interviews, this premiere book in Sonia

Nieto's Visions of Practice Series shares the stories and lessons FWP learned along the way. Inspired by Paulo Freire's educational philosophy and the radical tradition of the Highlander Folk School, a group of real families with few material resources and educators connected with each other, found common ground, and built their own programs to address the needs of their children. Readers will get an inside look at the benefits, successes, and challenges of more than a dozen years of student and family engagement in the community and school as FWP tackled issues ranging from academics, race, and class to immigration and public health. Book Features: The story of how the author cofounded Families with Power in cooperation with immigrant and low-income caregivers and fellow educators. Insight into multiple racial and ethnic perspectives as seen through a myriad of family engagement programs. A relatable collection of narratives that bring to life Freire's methods of problem posing, culture circles, and popular education, as well as Highlander Folk School's methods of grassroots organizing. Guidance to help today's teachers and school leaders connect with students' families and community in meaningful ways. The author's experience as a white teacher learning to bridge cultural, racial, linguistic, and class differences and build authentic relationships to better serve diverse communities.

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