Understanding Your Child’s Behavior

Click [here](https://www.pbs.org) to read the full article from PBS.org.

**All behavior is a form of communication.** Everybody communicates through behavior. A child's problem behavior is a sign that he is upset or something is not right.

**There is always a reason for problem behavior.** When children don’t have the words to express what they want, they may act out needs through behavior. They may continue to do this until they get their needs met.

**Adults can help children's challenging behavior.** Adults can help the child figure out the meaning behind their behavior and teach them how to communicate what they need more appropriately.