

Understanding Your Child's Behavior

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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.