



HALT and Other Behavior Management Strategies

Children ages 3-5 years old are working on the skills they need to manage their behavior. As parents, we can recognize that our child's behavior is telling us something and coach them when they are struggling to behave in a way that we find appropriate. Below are some strategies to help you manage your child's misbehavior and build a positive relationship with them.

Think about WHY your child is misbehaving!

Remember, behavior is a clue to how your child is feeling. Remember HALT!

H

Hungry



Is my child misbehaving because they are *hungry*?

A

Angry



Is my child misbehaving because they are *angry*?

L

Lonely



Is my child misbehaving because they are *lonely* (or bored)?

T

Tired



Is my child misbehaving because they are *tired*?

Once you determine why your child might be misbehaving, you can address the unmet need.

Make it a team effort!

Work with your child and let them know why the behavior is unacceptable, and help them use appropriate strategies to get their behavior under control.



Clearly define what you would like your child to do!

Often, parents tell their child what they *don't want them to do*. Instead, tell your child what you *would like them to do*.

For example, if your child is running in the store, you might say: "I need you to *walk*, please," instead of saying, "Stop running!"



Notice when your child is behaving in a positive and appropriate way!

Try and catch your child while they are exhibiting positive behaviors and share a brief praise statement in the moment.

If you notice your child put a toy away before leaving the playroom say, I noticed you put your toy away before leaving the playroom. Thanks!"

Remember: Praise should be *SPECIFIC, EFFORT FOCUSED, and IN THE MOMENT!*

Source: Siegal, D., & Bryson, T. (2014). No-drama discipline: The whole-brain way to calm the chaos and nurture your child's developing mind.

Additional resources, skills, and strategies for parents are available at no cost through the online Thrive Initiative programming. Visit the Thrive website <https://thrive.psu.edu>, and sign up today!