



EARLY CHILDHOOD DEVELOPMENT: ECDV4

LESSON 13

UNIT STANDARD 244255:

Care for Babies, Toddlers and Young Children.

SO2: Manage behavior and comfort babies, toddlers and young children

TOPIC: MANAGING THE BEHAVIOR OF YOUNG CHILDREN



[Adapted from family.org.com]



AT THE END OF THE LESSON STUDENTS WILL BE ABLE TO:

- Recognize signs of distress and or abuse.
- Comfort children in distress in an appropriate way.
- Record and report symptoms of distress.
- Manage child behavior appropriately.
- Provide description of the impact
- Different value systems form of behavior management.

RECOGNIZE SIGNS OF DISTRESS AND OR ABUSE

- Children can experience stress too through crying, withdrawn etc.
- As parents we think that childhood is a time when children are free, having no worries of responsibilities.
- Children do not have the means or skills to understand or manage their stress in appropriate ways.
- As parents or caregivers, we need to recognize when children are feeling stressed and help them feel better.
- Children react in different ways to stress e.g. some become ill, some become withdrawn and nervous, while others show anger and demand attention.
- Others will isolate themselves
- Those who are easily agitated, irritable, lethargic, lazy or aggressive may also suffer from stress.

THE CAUSES OF STRESS

- Family events are often a source of stress.
- Break up of a family is also a negative event that causes stress in children e.g. separation, rejection etc.
- Parents losing a job.
- Death of a parent, grandparent or sibling.
- Positive events like birthday parties, new pets and birth of new siblings.



SIGNS OF STRESS IN YOUNG CHILDREN

- Anger
- Anxiety
- Appetite loss
- Crying spells
- Bed wetting

COMMON REACTIONS TO TRAUMA

- Regression- younger children may wet the bed or want a bottle. It is important to be patient and comforting if the child responds this way.
- Thinking the event is their fault- they think that if something goes wrong, may be their fault.
- Sleep disorder some have difficulty falling asleep, others wake up frequently or have troubling dreams. As a parent, spend extra time with him/her in the evening reading.
- Feeling helpless- parents should be active in some campaigns to prevent an event like this happening.
- Reporting and referring sign of distress/ abuse.
- Report to SAPS.
- Report to social workers.
- Refer to medical examination
- Refer to care and counseling.

COMFORTING CHILDREN IN DISTRESS APPROPRIATELY

- When children change their normal behavior or notice unusual behavior. As a parent or caregiver remain close and comfort the child.
- Reassure the child that you care about him/her.
- Sudden behavior may be related to stress.



STRATEGIES TO RECOGNIZE STRESS TO CHILDREN

- Children cannot tell us what they feel they do not have language to describe the stressful situation.
- Their behavior will tend to show the stress.
- They react differently to stressful events and situations and also have different coping strategies.
- They cope through tears and crying, through tantrums or retreating from unpleasant situations.

STRATEGIES TO HELP CHILDREN TO RESILIENT

- Acknowledge their feelings.
- Teach them names or words of their feelings and appropriate ways to express themselves.
- Hug the child for reassurance.
- Teach them to problem solve for themselves and come up with management or coping strategies.
- Promote a positive environment by praising not judging them.
- Tell them stories.
- Help them to relax e.g. listening to music.

RECORDING AND REPORTING SYMPTOMS OF DISTRESS

- Children who are experiencing violence, abuse and emotional neglect on a daily basis may have chronic symptoms of distress.
- Like ignoring the child's needs to interact in interactions with the child.
- Denying a child's opportunities for interacting and communicating with peers.
- For abuse, yelling at the child they are worthless or unloved.
- Bulling a child or frequently making them frightened.
- Making fun or criticizing a child.

RECORDING

- Is it important to record your observation of the child and interaction of their parents' caregivers with them?
- Matters related to abuse.



REPORTING

- Report to child protection units.
- Social workers
- SAPS

MANAGING CHILD BEHAVIOR APPROPRIATELY

- No beating, biting or isolating as per children's rights.
- Children feel safe and secure in a place where there are boundaries and rules.
- An organized class helps with orderliness, self-confidence and self-esteem.
- Other children may need support such as extra warning before transitions.

DIFFERENT VALUE SYSTEMS AND APPROACHES TO CHILD MANAGEMENT

- Values are principles, standards or guidelines that an individual or group of people hold in high regards.
- Value can influence judgment we make as well as impact on the support we give children e.g. manners, team spirit, family life, pride etc.
- Values come from family, peers, workplace, schools etc.

DIFFERENT APPROACHES TO THE CHILD BEHAVIOR

- Understanding a child's developmental stage, personality, situation will also guide in children's behavior.
- Speak respectfully to the child and use the word "please, thank you and I'm sorry".
- Provide legitimate choices to children whenever is possible.
- Have good communication skills.
- Promote the young child's self confidence and self-esteem.
- Accept and respect children's feelings.
- Promote language to identify and express feelings.

PROVIDE POSITIVE TOWARDS THE BEHAVIOR OF CHILDREN

- Reinforcement - help to increase probability that a specific behavior will occur in the future by delivering a stimulus immediately after response
- Positive response- give your child praise for doing homework etc.
- Negative response should not be through punishment.



ACTIVITY 1: ANSWER THE FOLLOWING QUESTIONS

1.1 What are the causes of stress? Write down FIVE causes (5)

1.2 What are the FIVE signs of stress? (5)

1.3 What is child abuse to children? (2)

1.4 Mention FIVE children's rights children (5)



1.5 Where do we report abuse and distressed children? Mention THREE (3)

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