Considering Behavior

Choose a challenging behavior and make this the tip of the iceberg. Next, think about all of the possible reasons for the challenging behavior (potential unmet needs or skills that need to be supported or developed). Then, share and discuss your responses with a colleague, supervisor, trainer, or coach.

An example:

Tip of the iceberg – Biting

Below the surface –

- Teething?
- Need for oral motor stimulation?
- Oral exploration?
- Hungry?
- Tired?
- Does not recognize biting hurts?
- Frustrated? Anxious?
- Inability to express feelings or needs verbally?
- Imitating behavior?
- Few social experiences – learning to play?
- Way of showing affection?
- Need for autonomy?
- Need for control?
- Exploring cause and effect?
- Feeling uncertain about relationships?