



Pyramid Model
0-3



Spotlight on Understanding Behavior

SUBJECT: *Seeing the Need Beneath the Behavior*

Challenging behavior is communication. When a child hits, withdraws, or cries endlessly, they're not "being bad"—they're telling us something they don't yet have the words or skills to express. Helping parents understand this shifts the focus from reacting to *reflecting*.

LOOK FOR:

- Behaviors that repeat and interfere with learning or connection.
- How adults describe the behavior—are labels like "stubborn" or "manipulative" used?
- Clues about what the child might be trying to communicate: fatigue, fear, frustration, or change.



PRACTICE TIP:

During your next visit, invite parents to reflect on what their child might be saying through their behavior. Try asking: "When he throws the toy, what do you think he's trying to tell you?" Or "Sara seems extra quiet today. What might she need from you right now?"

Encourage parents to reframe behavior as a clue, not a challenge. This helps them stay curious and compassionate, seeing the child's need beneath the behavior.



RESOURCES: Check out the [Pyramid Model Positive Solutions Family Routine Guide](#). This guide gives prevention and intervention tips for behavior that occurs within a family's daily routines.