

# Behavior is Communication

## What is my child trying to tell me?

If your child can't tell you what is wrong, he will try to find another way to communicate his need to you. Your child is communicating with his behavior. With patience, observation of the situation, and gentle questioning, you can find a way to "hear" what your child is trying to tell you.

Things to think about:

- ✓ Is he avoiding something – a person, place, chore, or demand being made of him?
- ✓ Is he uncomfortable, hungry, tired, or not feeling well?
- ✓ Is he angry, sad, anxious, scared, or frustrated?
- ✓ Does he want to get away from something or someone?
- ✓ Does he need more time or help finishing something that he's started?
- ✓ Has he forgotten what he is supposed to be working on?
- ✓ Is it too loud? Too warm or too cool? Too bright or too dim?
- ✓ Does he not like the way something feels? For example, is the tag on his shirt scratchy?
- ✓ Does the behavior help him calm himself down? For example, spinning, chewing, hand flapping, etc.?



**For FREE parenting support, call the Health Department of Northwest Michigan at 1-800-432-4121 or visit [www.nwhealth.org](http://www.nwhealth.org)**