



BEHAVIOR

RESPONDING WITH CURIOSITY

Investigate

Every behavior communicates something. Instead of “How do I stop this?”, ask “What is this telling me?”

- Sensory: Is the space too loud or bright?
- Emotional: is my child tired, hungry, or worried?
- Environmental: is the task unclear, or too long?

Curiosity turns meltdowns into data. Try this: jot quick notes about what happens before and after tough moments. Notice patterns: what triggers calm vs. stress?

Prep the Environment

- Many “behavior issues” melt away when the environment supports comfort and independence.
- Simplify and soften with calm colors, gentle light, and fewer visible toys.
- Build predictability with 5 minute warnings for transitions. Use visuals like photo schedules and timers.
- Empower with choice: give two options.
- Is this too big of an ask? If yes, break it down.

Connection

- Connection before correction.
- Lower your voice and calm your own body.
- Name what you see: “You really want mama’s purse.”
- Offer a hug, squeeze ball, or quiet space.
- Redirect to what they CAN do.
- Share genuine joy instead of praise like “good job.”
- Try to honor their “no” when possible. They can more easily trust your “yes.”

About Early Start Together

We help parents of infants and toddlers with delays and disabilities find resources and build community. Exceptional Family Resource Center (EFRC) offers free services to parents through all ages and stages, birth through adult.

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We are happy to help you with your specific questions and situation.



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