

Frequently Asked Questions From Parents

1. How do I help my child when he/she gets frustrated doing homework?
Frustration typically is communicating that the child does not understand the homework. Pinpoint the areas that they are having difficulty with (do they know the meaning of the words in the directions?, Do they know the steps?) , and focus on working through that area. Set a realistic expectation/time for them to complete this task.
2. What strategies can I use to help calm my child when he/she gets upset/anxious?
Give the child time to calm down, talk to the child about what is making them anxious or upset.
Remember **HALT**
Are they **Hungry**? Give them a snack
Are they **Angry**? Give them space
Are they **Lonely**? Give them attention
Are they **Tired**? Give them a nap
3. How do I handle my child's defiance?
Do not react emotionally and do not take it personally. See the SOS resources.
4. I don't have this problem at home, why do they do it at school?
There are boundaries and demands at school. The relationship between the student and school personnel is always different. They are the most challenging with the people they consider the most safe.
5. My child consistently needs a routine and schedule. How do I create a schedule to help them at home with behaviors, routines, and expectations when they are not in school?
Create a schedule with the child. Include the child's preferred activities along with what you need them to do. Set timers, and talk in "first-then" language. See [SOS resources](#). Alternate preferred activities with needed activities when possible.
6. What am I doing/What are we doing that is causing this behavior?
Behavior is a form of communication, what is the child trying to communicate?
7. What can we do differently at home to help with behavior?

Schedules, routines, realistic expectations (is the activity age appropriate for the child). Stay in your **CAR** (Calm, Aware, and Respectful)

8. Should we go talk to our pediatrician regarding the behaviors we are seeing?
Pediatricians can certainly be a team member. If you choose to talk to your pediatrician, be prepared to have specific information such as a food journal, sleep journal, or schedule. Track your child's behavior for at least ten days. Include what happened before the behavior, during the behavior and how long the behavior lasted. Also include what you attempted to stop or change the behavior. Documentation will provide more meaningful information for your pediatrician to help you with a plan.