

Personal Reflection

When you experience anxiety or discontent (that in a child with fewer coping skills could lead to unwanted behaviors), can you see the “big picture”? How would a video of the event (as opposed to the snapshot) help you decide what has happened to create your feelings?

What is your reaction to the questions of the big picture? Would you add others? What are they, and why do you feel they would add to the information you need?

Why does answering these questions help you to support a child who has challenging behavior?