

## AT THE COUNSELING CENTER

We provide services in our offices in Malden or in schools, early education and care programs or family child care homes. Each individualized treatment plan is designed to maximize therapeutic effectiveness by providing services within the client's community. Our clinicians eagerly collaborate with families, teachers, early childhood educators and providers, physicians, case-workers and other professionals in order to promote the client's well-being.

We currently have contracts to provide clinical services to members of most insurance plans, including Mass Health. For those uninsured, payments are available on a sliding scale.

Please call to see if your plan is now covered.

To make a referral or to schedule an appointment, please call;

Carol Tanielu (781) 324.2381 x223

*The Counseling Center* is located at  
389 Main Street, Suite 303,  
Malden, MA 02148



389 Main Street, Suite 303, Malden, MA 02148



## Working with Children with Aggressive Behavior



# Working with Children with Aggressive Behavior

## Signs:

- hitting
- kicking
- biting
- spitting
- verbal threats
- harsh/cruel words
- throwing objects
- breaking objects



## Possible reasons for the behavior:

- temperament
- trauma history
- history of child abuse
- poor limit setting history
- exposure to domestic violence
- exposure to media (video, games, TV)
- developmental delays
- hunger
- fatigue



## Interventions:

- behavior chart to be reviewed daily
- practice strategies to express feelings and manage anger (use of books or visual charts)
- increase problem solving skills
- consistent limit setting
- relaxation techniques (deep breathing, imagery)
- pay attention to patterns/triggers of aggression and intervene before incident
- reward/praise child when s/he resists or stops aggressive behavior
- help child make connection between behavior and consequence
- reduce/eliminate exposure to domestic violence and media violence
- ensure that basic needs are being met (such as adequate food and sleep)

## When to seek

### professional help:

- when safety becomes an issue/danger to self or others
- when behavior interferes with interpersonal relationships
- when behavior interferes with learning
- when child does not respond to suggested interventions

