

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

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of Child Development
and Education, Inc.

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Working with Children with Oppositional Behavior



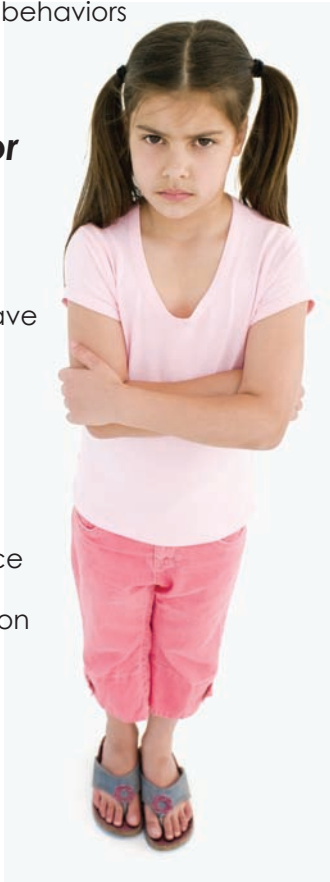
Working with Children with Oppositional Behavior

Signs:

- stubborn/ headstrong
- says "no" frequently
- refuses to comply with requests, rules or solutions
- loses temper easily
- argues with adults
- deliberately annoys people
- often blames others for behaviors
- frequently angry/hurtful

Possible reasons for the behavior:

- temperament
- rules and limit setting have been unclear, unfair or inconsistent
- developmental level
- low self-esteem
- poor frustration tolerance
- poor emotional regulation
- hunger
- fatigue
- illness



Interventions:

- re-evaluate current rules/expectations
- implement consistent and clear rules
- use positive and negative consequences
- adjust schedule to meet child's basic needs (sleep, food)
- use visual rules/routine chart and review daily
- include child in rule making
- offer choices
- be understanding and validate child's feelings
- practice strategies to express feelings and manage anger (use of books or visual charts)
- use positive statements rather than always saying "no"
- ignore negative behavior unless safety is at risk

When to seek

professional help:

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

