

KETU'PITE'MAN? DO YOU WANT TEA?

TEA TALKS- SESSION 4

UNDERSTANDING BEHAVIOUR

Adapted from
Determining Behaviour Motivation (NCPMI)



Did you know....

Behaviour is a form of communication and can mean many things. All behaviour is motivated - signifying wants, needs, likes, and dislikes.

Looking at what's happening when the behaviour occurs can help you understand the meaning of the behaviour. You are trying to answer the question, 'Why did the behaviour occur?' in order to put the right strategies in place to support that child.

Motivation can be determined by looking at what happens before, during or immediately after the behavior incident.

The motivation can be divided into two general categories:

- The child gains something, such as attention or a toy.
- The child avoids/escapes and prevents it from happening. For example, the child continues to play when you ask them to clean up. If you don't encourage them to help then they will have avoided the task.



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a reading of this handout**



For more information:
nsecdis.ca/tea-talks-session-4-understanding-behaviour/

SESSION 4

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Try This at Home!

When trying to understand the reason for your child's behaviour, ask yourself these questions:

- **What happened before the behaviour?**
- **What did an adult do before, during and after the behavior**
- **What did other children do before, during and after the behaviour?**
- **Is there an object (e.g., a toy) involved? What happens with the object? Does the child keep it or is it removed?**
- **Did the child get to play with something?**
- **Did the child avoid a task?**

Consider this:

- What happens before, during and after the behaviour occurs indicates the possible reason.
- You are making your best guess – you don't have to know for sure in order to get closer to understanding the meaning of your child's behaviour.