

# The Explosive Child

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## Not explosive rather challenging behavior

As parents and/or caregivers we see how different children are. Children who are well behaved and children who seem difficult. Difficult children only seem difficult. The reality is that they are not skilled to process that information that you gave them now. Not being able to process the skills can lead to outburst of anger and physical harm such as hitting, biting, punching, etc. Seeing children with these behaviors can make them seem “explosive”. These behaviors aren’t “explosive”, they are challenging behaviors.

Challenging behaviors are just as frustrating to the child as it is to the adult. The adult doesn’t understand why their child is behaving the way they do. Child is frustrated because they don’t know or understand what is being asked. There are many reasons the child could not understand the information. One of the main reasons is they haven’t learned how to process the information being asked of them. Another is that they have a mental disability or illness.

Rather than seeing behaviors and thinking they want attention, they’re unmotivated, manipulating or they are just misbehaving look beyond and see if there is a skill they’re missing. [www.livinginthebalance.com](http://www.livinginthebalance.com) has a lagging worksheet that will help you better understand your child’s behavior. They go through all the behaviors but lists them as difficulty instead of behaviors because the children have difficulty processing unlearned behavior. Once you go through the list, there are 3 different plans that you may try. Plan A, Plan B and Plan C, Plan B is the plan most people use to try to understand the challenges their children have.

Children are all different in many ways. The way they process information differently. Some are normal, autistic, anxiety, depression and any other mental

illness can affect their learning and the way they process the information. Working on the lagging worksheet or trying to incorporate one of the three plans in how communicate with your child. Can help you and your child get a better understanding of what's the unsolved issue.