



# “An ounce of prevention is worth a pound of cure.”

By: **Shanida Mathieu**

“An ounce of **prevention** is worth a pound of cure.” ~ Benjamin Franklin

Parenting is a full-time job with many daily challenges. As parents, we teach our children what is the right thing to do and what they should not do. There will be those times when unfavorable behaviors will happen. Challenging behavior is usually most common among young children including those with disabilities. It can also occur in individuals with disabilities who are older, like with my fourteen-year-old son who is non-verbal.

Challenging behaviors can occur if an individual with a disability has limited communication skills, and/or difficulty in participating or transitioning from activities. As with anything, learning how to figure out why the behaviors are occurring and how to be positive in redirecting and responding will help decrease them.

Oftentimes, I've been reactive in response to my son's challenging behavior whether we're at home or in the community. I found out that by changing my response to his adverse behavior

helped me in changing his behavior. I also learned **preventive strategies** to use when we need them. No one knows your child better than you do. Planning ahead for activities at home or in the community is a way to be proactive. I created a toolbox for my son that works as a preventive strategy.

[Families Helping Families](#) will hold a Webinar on this topic titled “[Addressing Challenging Behavior.](#)” The purpose of this training is to help parents recognize the early signs of conflict and implement strategies that can manage the conflict in a proactive way and prevent the conflict from turning into a full-blown storm.

**Date:** Wednesday, June 14, 2017

**Time:** 12:00 p.m. – 1:00 p.m.

**Audience:** Parents, Caregivers, and Professionals of School-Aged Children/Students

**Presenter:** Shanida Mathieu, FHF

**Registration link:** <http://tinyurl.com/lwvtotp>



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