

Managing Challenging Behaviors Scenarios

Scenario 1: Timothy

Timothy is four years old. A week before his mother deployed, his grandmother came to stay with the family to help with the children. After his mother left, Timothy began throwing tantrums and having toileting accidents many mornings when his dad left for work even though he has been potty-trained for over a year. Timothy's grandmother thinks he needs a firm hand when he displays these behaviors, including the loss of TV time for wetting his pants and timeouts or spanking when he has tantrums. Timothy's dad is not sure what to do.

1. What should be done?
2. How is this likely to affect Timothy?
3. How will this likely affect Timothy's dad and grandmother?

Scenario 2: Tanisha

Tanisha was fifteen months old when her dad deployed. After he left, she started waking up crying every night and refusing to go back to sleep in her crib. Tanisha's mother found this exhausting and frustrating as Tanisha had always been a good sleeper before her dad deployed. Because she's so tired all the time, Tanisha's mom has a hard time staying patient when this happens.

1. What should be done?
2. How is this likely to affect Tanisha?
3. How is this likely to affect Tanisha's mom?

Scenario 3: Grant

Grant is two and a half years old. Recently Grant's dad deployed, and, since then, his

mom reports that Grant has turned into a monster. Grant gets into constant mischief that includes breaking things, touching things he knows he shouldn't, tormenting the dog, and making loud noises that are impossible to ignore. Grant's mother admits that he is driving her crazy and that she has been especially impatient with him since his dad left.

1. What should be done?
2. How will this affect Grant?
3. How will this affect his mom?

Scenario 4: Maria

Maria is five years old and goes to kindergarten. After her dad was deployed, Maria began to have nightmares and now refuses to go to bed alone. Although she had many friends in school before her father deployed, her teacher reports that Maria now seems very withdrawn and uninterested in playing with the other children. Instead, she spends much of the day looking out the window and asking when it is time to go home.

1. What should be done?
2. How will this affect Maria?
3. How can Maria's mom influence things that go on at school?

Managing Family Stress Worksheet

Handout available for download on the [YRRP website](http://www.yellowribbon.mil/yrrp/handouts.html) at: www.yellowribbon.mil/yrrp/handouts.html

Major Stressor of Deployment	Effect on Me	Effect on My Child	How to Address?
1.			
2.			
3.			
4.			
5.			
6.			