

Aggressive behavior in children



Children as young as preschoolers can show violent behavior. Parents and other adults who witness the behavior may be concerned, however, they often hope that the young child will "grow out of it." Violent behavior in a child at any age always needs to be taken seriously. It should not be quickly dismissed as "just a phase they're going through."

Causes:

- Severe physical punishment of the child (such as punching or hitting)
- Alcohol and drug abuse by children's caregivers
- Growth problems
- Poverty

- Your child's behavior may have an underlying cause that needs attention. ADHD, anxiety, undiagnosed learning disabilities and autism can all create issues with aggressive behavior.

When you should visit the doctor:

Whenever a parent is concerned, they should immediately arrange for a comprehensive evaluation by a qualified mental health professional. Early treatment by a professional can often help. The goals of treatment typically focus on helping the child to: learn how to control his/her anger; express anger and frustrations in appropriate ways.

Treatment:

- Logical punishment
- keep calm
- Clear boundaries
- Stability in the same position
- Saving games
- Monitoring the child behavior

Prevention:

- No violence to discipline young children
- Create and promote a safe school environment
- Encourage victims to inform their families about problems, or the school administration

