

## 3 Reasons Your Child Misbehaves & What You Can Do About It

By Mrs. Christy Graham, LPC S RPT S

Something is terribly wrong: your child is suddenly having lots of problems at school and daycare.

*It's the third time this week and your boss is giving you a look that does not bode well. You rush out the door and climb into your hot car and take a big breath. Mama Bear is about to take over, but you are still unsure if that is the right tact. Maybe the daycare is right, maybe you haven't been consistent enough, firm enough, there enough. But you know something isn't right, and you are ready for it to be fixed. Swallowing tears of frustration, shame, sorrow, guilt, you wonder if he will be going back tomorrow. Your job won't last too much longer if you keep taking off because of your child, but you won't last longer if your child isn't doing well. Wondering what you are going to do, you square your shoulders, prepare yourself and walk into the building.*

I meet many parents the day after this experience. My heart goes out to them and telling you what I've told them may help.

Knowing there is a problem is half the battle. It may feel really bad right now, but your child is asking for help very loudly. The children who have the worst problems never ask for help until it is too late.

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### HOURS OF OPERATION

Monday through Thursday, 8 am to 8 pm

Friday, 8 am to 5 pm

Saturday by appointment

## Acorn Counseling Education Services

*Moves to Corner of Robinson Road and State School Road*

**Christy Graham,**

**President of ACES**

Our mission is simple: stronger families, stronger children, and a stronger community.

### Providing Services in Your Neighborhood

We are a group of Christian therapists who use Christian, evidence based interventions to help strengthen relationships in the families we serve. Couples can come to learn about communication from our couple's therapist, Laura Westbrook, LPC Intern. Adolescents and younger children can come and use sandtray with our sandtray therapist, Angela Reed, LPC Intern. Play therapy is offered by our two experienced, fully licensed therapists-Christy Graham, LPC S RPT S and Ashley Barkley, LPC. Families that need structures to help them get better nutrition can talk to our wellness coordinator, Vivian Nichols.



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Our address is in the same office center as Alpha Academy at Oakmont!

Come to our Open House on September 18<sup>th</sup> from 5-8. We will have special guests from Marshall's ATA to provide martial arts demonstrations. 940-222-8703

What could be happening?

### 1. HALT — Hungry, Angry, Lonely, Tired

This is an acronym that helps to remind me that we all get cranky when our bodies aren't working right. Talk to those around your child and find out if there is a pattern. Do they have difficulty right before nap? Mid-morning? Right before pick up? Look at their eating habits. It is important to not jump to the next idea until you have really looked at your child's pattern.

Knowing when and how predictably your child misbehaves will let you explore how changes to the environment could help them behave better.

### 2. Physical Issues

There is good evidence that some behavior issues can be related to how a child experiences the world. Vision and hearing problems, certain allergies, illness, and sensory processing issues can all cause misbehavior. To learn more about sensory processing issues, check out the checklist on [sensory-processing-disorder-checklist.com](http://sensory-processing-disorder-checklist.com). This is a great site to help you understand these issues. If you prefer a book, find the [Out of Sync Child by Carol Stock Kranowitz](#).

### 3. Conflict Or Change At Home

Your child's emotional, physical, and psychological world is based on the foundation of your home. If there is a lot of conflict, chaos, and inconsistency, your child will react to that. Can they count on spending connecting time with a parent? Has there been a big change recently? Involved grandparents become ill, parents separate, siblings are born, dogs die. Even good things can disrupt a child's world such as a new home, new bedroom, and even a new pet.

### 4. Read the last one on YourTango.com!

Now that you know something is wrong, where do you go? If you are concerned, don't wait. Talk to a professional. I am available by email at [Christy@acorncounseling.services](mailto:Christy@acorncounseling.services) or call me -- 940-222-8703.

## CALENDAR OF EVENTS

### Open House

1430 ROBINSON ROAD #430

5 PM TO 8 PM

Come take a tour of the play room, meet our staff and learn about the exciting groups we are planning! We will have our favorite martial artists here to do demonstrations and talk about Bullying Proof your children.. Vivian will have a Kitchen Demonstration to support good nutrition in your family. Each staff member will talk about their particular passion. Sign up for groups and information about services, as well.

### PARENT SUPPORT GROUP

Parents of children with behavioral and emotional issues meet to discuss topics of interest. Contact Christy for more information at 940-222-8703 ext 700.

### PRETEEN GIRLS SOCIAL SKILLS GROUP

Angela Reed, LPC Intern will lead a social skills group focused on girls ages 10 to 14. Will begin when 5 girls are signed up. Contact Angela for information at 940-222-8703 ext 702.

### 7 PRINCIPLES FOR MAKING MARRIAGE WORK

Laura Westbrook, LPC Intern will lead a group for couples based on the highly researched Gottman Method. Contact Laura for more information at 940-222-8703 ext 703.

### CHILD PARENT RELATIONSHIP TRAINING LUNCHTIME, 10 WEEKS, BEGINS OCTOBER 7TH

Christy Graham, LPC S RPT S will lead a group of parents in the most exciting, highly researched, Denton created, group that teaches parents play therapy skills to use with their children. Contact Christy for more information at 940-222-8703 ext 700. \$10 per person.

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