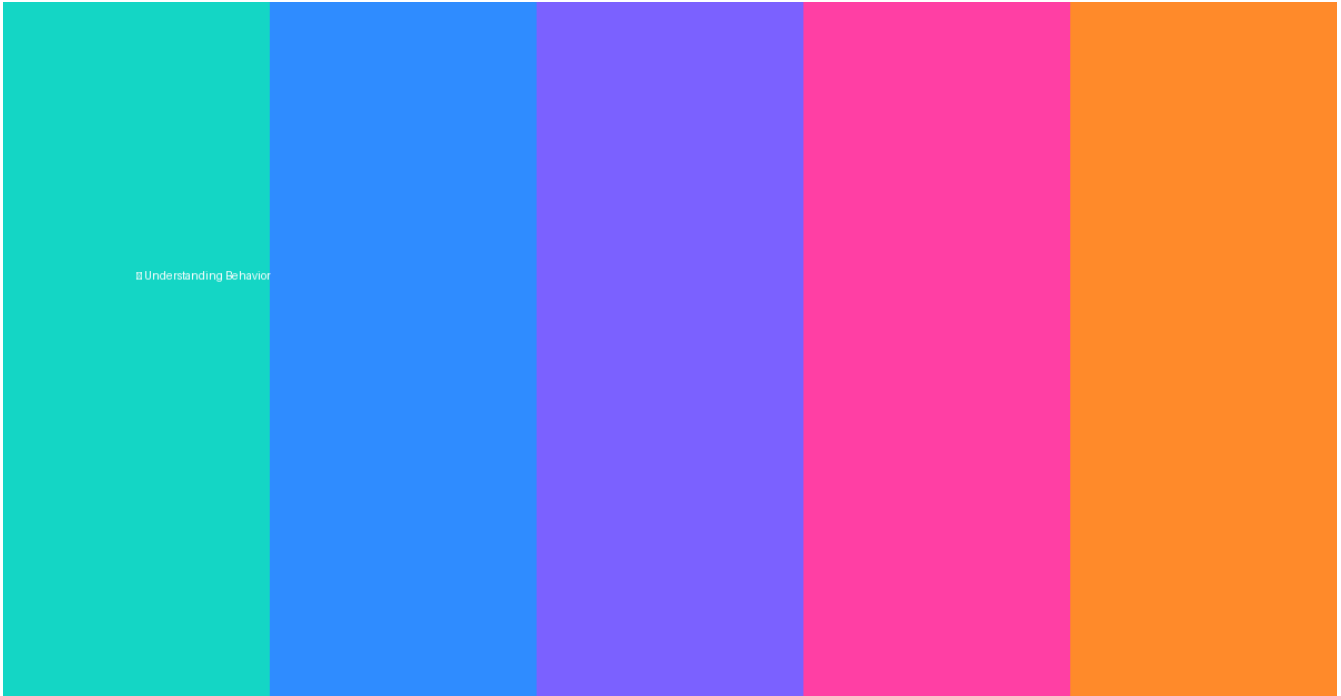


■ Understanding Behavior

BehaveYou — Helping Children Thrive Through Understanding



Introduction 1

Children benefit from calm routines, emotional safety, visual supports, communication, encouragement, and compassionate guidance. This Understanding Behavior guide helps families, caregivers, teachers, and communities use practical strategies that support confidence, learning, emotional regulation, positive relationships, and daily success in a respectful and understanding way.

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Routine	Use schedules and transitions	Increase predictability
Emotions	Breathing and calm spaces	Support regulation
Learning	Praise effort and strengths	Build confidence

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Helpful BehaveYou Links

<https://behaveyou.com/>

<https://behaveyou.com/resources.php>

<https://behaveyou.com/videos.php>

<https://behaveyou.com/parent-learning-hub.php>