

# Children with social, emotional and behavioural difficulties



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Describe the range of social, emotional and behavioural difficulties that children may experience

ANSWER:

The difficulty children may experience with these three developments are in various ways, a few of which are; being withdrawn or isolated, lack of concentration in studies, difficulty in forming relation, extra sensitive, bullying, scared, resentment, self injury lack of confidence, stage fright, feeling lonely, no eye contact and also comes by with sex, age and income, mentally disturbed, stress and anxiety, tearful, inappropriate behaviour towards others, hyperactive and lots more.

If we look at the social perspective, particular things fall under here but let us have a think, what causes this? Insufficient money in the house, separated parents, screaming and shouting at each other, no understanding between family members, all this affects a child directly which makes him feel alone, bullied by friends, cannot form relationships and cannot handle them, hyperactive, keep moving from one thing to another,

If we look at the emotional perspective, the difficulty of stress and anxiety, tearful, over thinking and presuming, not a good listener, extra sensitive, thinks more about others than self, mentally disturbed, anger

Now looking at behaviour difficulty, child causes damage to themselves more than others because can injure themselves, undergo depression, get habituated to drugs, wrong company, cannot talk in an appropriate manner, cannot concentrate, does not want to study,

All these perspectives are interlinked together which have cause and effect, let us sit down and think a child having difficulty in all these stages why? So we have to be role models and help these not to arise, all children need love, care, respect, time, calmness, understanding, feeling safe, build self esteem and confidence, protection, security, friendship, family, food, water, shelter, fulfilling needs, bonding, which we can give to our best, so let us make the best of our children who can achieve to their best ability.

#### QUESTION 2:

Evaluate the strategies that can be used to support children with social, emotional and behavioural difficulty.

#### ANSWER:

Strategies to support child with these difficulty;

- Firstly identify the problem the child is facing without judgement
- Who is the child with? What is child doing? What are adults in the room doing? What time of the day is it? What happened before the behaviour occurred?
- What behaviour of the child brings concern?
- What do you say? What do other children say? What does the child say? How are the other children reacting? How is the child feeling?
- All these above once analysed can think what shall be done next
- Build activities which are relaxing and work in pairs so support and help each other
- Make it more fun to learn and use ICT skills for reading and writing

- Give reward eg; time off to play with special toy, reward stickers
- Recognize hard work and achievement
- Activity within concentration limit
- Clear guidelines and visual prompts when required and eye contact too
- Maintaining routine and structure.
- Praise an action and condemn an action, do not focus on child, focus on action eg; I like your smile- beautiful faces give beautiful smiles, do not hit- let us keep hands to our selves, your hand writing is getting better- I am impressed with the hard work in writing, stop it- can we please be careful
- Invite child to help you with daily tasks and give them responsibilities
- Listening to each other, play Chinese whispers to build skills
- Let child choose one activity for the whole class to do together
- Using statement which helps them feel you understand such as; that made me very sad- let us say sorry
- Saying ' good morning' and ' good bye' with eye contacts feels good
- Focus on process of learning not product, if there is an improvement gradually its good
- Build strengths, talk about past we could not do this yesterday but I am sure we can do it today.

### QUESTION 3:

Explain the link between social, emotional and behavioural difficulties and speech, language and communication difficulties.

### ANSWER:

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Social, emotional and behaviour difficulties (BSED)

Speech, language and communication difficulties (SLCD)

BSED- is more to do with a person as an individual, conduct

SLCD-is more to do with grammar, speech

The link between social and speech difficulties are very obvious because someone who cannot interact with other people due to inferiority complex, aggressive, feeling isolated, lonely, hyperactive, no friends which is a social difficulty, cannot adjust and display behaviour appropriately when in a group or people or around please, is the same as a person who has a speech difficulty cannot talk properly or stammers also does not have confidence and is ashamed and scared of others laughing at him/her when she/he talks, will be laughed upon, not heard to.

The link between emotional difficulty and language difficulty is there because when ones feelings and emotions evolve as they grow and cannot explain themselves can get very frustrated, hyper, angry or tearful, they want to be left alone, they are scared, worried, they can cause harm to anyone or even themselves, undergo depression so their whole state of mind and body changes. Someone with language difficulty cannot or find it hard to express themselves and if they try to may not be very clear because do not know what to say or are in their own shell so to explain to someone else is difficult, also the fact of not having clear speech such as stammer or different pronunciation can make them feel they are being made mockery off so their

self esteem is tampered upon and again they get agitated, upset and might be violent too.

Someone with behavioural difficulty will also have communication difficulty because they have been affected mentally, unable to discipline or self control, not enough food, financial status in the house, family and parents relation, they are grumpy at themselves why them? It is not their fault but these factors can manipulate your behaviour, one can start stealing, killing, drugs addicts now how do you expect a person like this to explain him or herself, communication about such behaviour it is very difficult, firstly to even be able to trust someone is a big deal let alone disclosing the matter, not being able to understand rules and boundaries will show unwanted behaviour.

Both these aspects have a link because it is internal and external factors which in one way or the other affect a child life or a human beings life.

These are two vast aspects in a child life and in two different forms and ways, it is not necessary a child with speech language communication has same problems and issues as someone with social, behaviour and emotional difficulty but they are interrelated.

A child who cannot speak clearly or is hard of hearing will use sign language where as another child will shy off and get into his or her own shell, seclude the self from everyone

A child who cannot understand instructions properly may be encouraged to use visual prompts and gestures where as another child will be bullied, left

alone, harassed, causing him to get frustrated, angry, tearful, lose confidence, inferiority complex.

So all these show us it is not a must for children to have both of these difficulties at the same time and if has either one will be affected by the other; no; if from young age child is monitored well, given required support, help, diagnosed which needs more focus, which is main problem and how to go about, child will overcome but yes one difficulty they will both face is peer pressure, social racism, left alone, inferiority complex, confidence, bully so we have to take care and be careful these children are looked after well and receive enough support to flourish to best ability.

An example of a child who has Autism, the child is not able to concentrate, behave appropriately in particular surrounding and his speech is not clear, a social life or gatherings become difficult because his behaviour is not socially acceptable although it should be comprehensible but hard to cope not only for parents but for child as well because the parents have to watch him every second because in case he gets aggressive towards another child because they may not accept him so might bully him, isolate him, call him names, all this really affects a child behaviour and state of mind and can cause him to use his hands or feet in an unacceptable manner which can create chaos and such bad experiences are hard to come out from. The child due to frustration can than harm himself and also feel neglected and become unstable emotionally too. Now, this child also has speech and language problem which is he stammers when he talks so other children will laugh at him, it builds the inferiority complex as well as breaks confidence and also his feelings will be emotionally tampered upon as he cannot explain or stand

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for him or herself and this will gather social attention which will be embarrassing for the child and s/he will never want to go to such places again, so we can see the link between social, emotional and behavioural difficulty links with speech, language and communication difficulties.

#### QUESTION 4:

Evaluate the role of other professionals play in supporting children with social, emotional and behavioural difficulties.

#### ANSWER:

A professional is referred to a child by the Gp, health visitor, the parents raises their concern which is discussed further, consult teacher and work together and than other professional are consulted. The different professionals can be; clinical psychologists, general practitioner, paediatricians and speech and language therapist.

Clinical Psychologist; look at the behaviour of the child and then devise a behaviour management plan. They are able to diagnose a medical condition of child such as ADHD, Autism and Down syndrome.

General Practitioner; the first professional to be consulted by family when there is a concern about child, will only be able to refer child to appropriate professional.

Paediatrician; specialise in child health and development, looks at child well being and consult another professional and provide further help.



Speech and Language therapist; if child has communication development, will need SLT support, devise plan and carry out activities which support a child's speech and language and give parent strategies to follow as well.

I would like to share a story I have heard, a teacher named Mrs Thompson who used to enter the class in the morning and say I love you all to the children but she could not feel love for one student in the class because of being very untidy and nothing drew attention from the teacher, she picked him for all negative examples, when she submitted the progress report of the child, head mistress called her and said it supposed to be an improvement report, she said I do not have anything positive and was advised to check previous records, the child's mother had cancer and she had passed away and lost himself too, she has tears in her eyes and decided to bring a change, she started changing her approach picked that child for all positive examples, the last day of school she received presents from all the children but that child gave her a bottle of perfume and bracelet, as she sprayed the perfume on herself, the child told her now you smell like my mother.

This tells us if we all work together for a change it can happen, so each and everyone working with children who have difficulties are playing a great role.

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