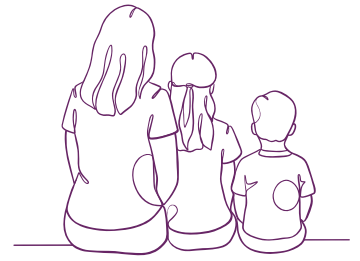




A Different Way to See the Child In Front of You

Looking Beyond the Behavior

Inspired by the Resilient Butterfly conversation with Dr. Celina Moore



A Simple Shift That Can Change Everything

Every child has moments that leave the adults around them wondering, "Why are they acting this way?" While there isn't always a simple answer, looking beyond the behavior can help us respond with greater understanding, strengthen our connection with our children, and recognize when it may be time to seek additional support. Sometimes the most powerful shift isn't changing our child—it's changing the way we see them.

Instead of Asking...

"Why is my child acting this way?"

Try Asking...

"What might my child be experiencing?"

Behavior is often communication. Children may not yet have the words or skills to express frustration, fear, sadness, overwhelm, or confusion.

What Your Child Might Be Saying

Instead of Seeing

Anger

Withdrawal

Defiance

Meltdowns

Risk-Taking

Consider They May Be Communicating

I'm overwhelmed.

I don't know how to cope.

This feels too hard.

I can't regulate my emotions yet.

I'm looking for connection, excitement, or relief.

The goal isn't to excuse behavior—it is to understand it so we can teach the skills children are still developing.

Your Pediatrician is Part of Your Village

Many parents think of pediatricians as experts in physical health. They are also trusted partners in:

- ✓ Emotional well-being
- ✓ Child development
- ✓ Behavior
- ✓ Connecting families with additional resources when needed
- ✓ Family Stress
- ✓ Screen use
- ✓ Substance use concerns

Pediatricians don't expect families to have all the answers. Their role is often to recognize concerns early, provide guidance, and connect families with the right support when needed..

Honest Conversations Open Doors

Many families hesitate to talk about concerns because of fear, embarrassment, or shame.

But pediatricians ask these questions for a reason.

Sharing concerns early can lead to support before challenges become larger or more disruptive.

Honest conversations create opportunities for guidance and support before challenges become disorders or crises.

Five Questions to Keep in Mind

Before reacting, pause and ask yourself:

- ? What might my child be communicating?
- ? Is this a skill they are still learning?
- ? What support would help more than punishment?
- ? Is this something worth discussing with our pediatrician?
- ? Who else can be part of our child's village?

Listen to the Resilient Butterfly episode featuring Dr. Celina Moore as she discusses proactive pediatric care, mental wellness, and supporting the whole child.

