Universal Strategy
Recognizing Your Hot Buttons

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Hot buttons are the behaviors exhibited by others that "push your buttons" and often result in a reaction that you regret later. During challenging and uncertain times, the smallest disturbance or stressful situation may evoke an emotional reaction. Not only do you have hot buttons, but your child does as well. In fact, often these hot buttons influence one another. Recognizing the behaviors that push your hot buttons allows you to reframe how you are feeling and respond in a way that strengthens your relationship with your child.

Your Child's Hot Buttons

Being told "no"

Harsh reprimands

Loud noises

When a routine is disrupted

When others don't listen

Doing something they don't like to do

Your Hot Buttons

Defiance and noncompliance

A negative attitude

Screaming and yelling

When a routine is disrupted

When others don't listen

Doing something you don't like to do

Once you have a better understanding of your hot buttons, you can be more aware of them when they come up, and choose how to react instead. You can also help your child to the same thing!

Universal Strategy
Reframing Your Hot Buttons

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After identifying the behaviors that push your "hot buttons" it is important to stay calm and reflect on those behaviors. When reflecting, think about how the behavior made you or your child feel. Think about what they may have been trying to communicate when engaging in that behavior. When you are able to reframe the behavior as an attempt to communicate, you are better able to respond to the behavior in a positive way. Responding positively by reframing the behavior helps strenghten the relationship between you and your child.

Supporting Your Child

Reframing Your Hot Buttons

Tell your child when they can have access to what they want (ex: 1 min) or provide another choice

They have been working a long time, maybe they need a break

Positively tell your child what behavior you want to see instead

They didn't sleep well last night. It might be time for a nap

Keep your voice and other noises at lower levels

Maybe they want my attention right now

Let your child know when there will be a change in their schedule and provide transition warnings

Sometimes life can be unpredictable, what can I do to get back on track?

Be responsive to your child by providing frequent positive attention

After I do this, I can do something I really enjoy

Follow less preferred activities with more preferred ones

Maybe my directions weren't clear enough or they need help

Above all, remember you and your child are doing the best you can.
It is important to take care of yourself in order to
best take care of those you love.