



Children aged 0 to 3 are  
not being

**NAUGHTY.**

They are  
communicating  
through behaviour.



# What Adults See

# VS

# What It Really Means

**Hitting**



frustration or overload

**Biting**



teething, overstimulation,  
or unmet needs

**Tantrums**



emotions bigger than  
coping skills



# What science tells us about **early brain development:**

- Emotional reactions are stronger than the ability to pause
- The prefrontal cortex, responsible for self-control, is still developing
- Language skills are limited and still emerging
- Coping and self-soothing skills are not yet formed

Behaviour becomes the main form of communication.





When we understand  
the message behind  
the behaviour,  
we can **guide**  
**instead of punish.**

**Understanding**  
comes before correction.

