



Why Hot Buttons First?



**Behavior Support Network
YouTube Video Link:**

[Let's Talk Hot Buttons](#)

Connection Points:



Recognize your emotions and know that they are okay to have. It's how you respond to your emotions that influences the behavior you want to see in the child.



Be intentional in noticing if your reactions to having your hot buttons pushed are helping or hurting your relationship with the child and family.



Everyone has Hot Buttons. Completing the Hot Buttons handout will help you navigate your next steps in responding to challenging behavior.



Remember to connect with all children in playful ways, not just when they are pushing your buttons. Finding meaningful connection moments is essential to decrease hot button moments.

Tips for Supporting the Village At Home Connection:

- **Remember children aren't intentionally pushing your hot buttons.**
- **All caregivers need to recognize their emotions when hot buttons are pushed.**
- **Before responding to a child, find your calm first.**

Related Resources & Links

Hot Button Handout from NCPMI

Learning How to Discipline Ourselves First & Children Second with Composure Video from Conscious Discipline

Being Aware of Children's Needs Video from ECLKC