Introduction: An interdisciplinary approach to understanding aggressive behavior in children.

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Aggressive behavior indicates your child lacks the skills he needs to manage his behavior appropriately. Teaching children new skills should be part of the discipline process. Social skills, problem-solving skills, and conflict resolution skills will reduce aggressive behavior. Ensure that your discipline teaches your child ‘what to do instead.’ Rather than saying, “Don’t hit,” say, “Use your words.” Help your child see alternative choices that don’t involve aggression. Seek Professional Help. Occasionally, aggressive behavior can stem from more serious behavior.