1. Problem behaviours in children are a common occurrence.
2. Problem behaviours can be divided into externalising and internalising problems.
3. Problem behaviours in childhood do not progress to mental health problems in adulthood.
4. The first and most important step in evaluating a behavioural problem is obtaining a detailed history.
5. Sleep deprivation is one of the causes of children presenting with behaviour problems.
6. Hearing impairment and speech delay do not contribute to problem behaviours in children.
7. It is important to explore the social and developmental history of the child.
8. Access to screen time and poor sleep do not increase the risk of problem behaviours later in childhood.
9. Problem behaviours in more than one setting are likely to be significant and should be taken seriously.
10. Assessment for behaviour problem should include observing the child’s behaviour in your clinic and his interaction with his caregivers.
11. All children with problem behaviours warrant expert consultation with a paediatrician or psychiatrist.
12. Children may demonstrate problem behaviours to gain their parent’s attention, even if it is negative attention.
13. Management often involves environmental modification and a reward system to promote appropriate behaviours.
14. Parents should punish a child with problem behaviour so as to discourage negative behaviour.
15. Parents must be calm but firm when handling a child with problem behaviour.
16. An age-appropriate time-out period should be used to allow the child to calm down and not gain additional attention for misbehaviour.
17. Time out of more than 10 minutes has not been shown to be beneficial.
18. We should refer the child to a specialist when there is a suggestion of developmental delay, autism spectrum disorder, attention deficit hyperactivity disorder, anxiety or depressive disorders, or oppositional defiant and conduct disorders.
19. Children presenting with problem behaviours may have experienced child abuse or neglect.
20. Parents can attend parenting workshops that are organised in the community to learn more about behaviour management strategies.