

# The Main Causes and Solutions of 2-3-year-old Children's Aggressive Behavior

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## Abstract

2-3-year-old children show more frequent aggressive behavior due to the stage of physical and mental development. This paper holds that the main reasons for the frequent aggression of 2-3-year-old children include the budding of self-concept, self centralization, the way of thinking of intuitive action thinking, immature language development, low self-control ability and social skills to be developed. Facing these characteristics of 2-3-years-old children, preschool teachers need to have a correct understanding of children's aggressive behavior, give children corresponding emotional support, create a good preschool and family environment, and persist in stopping children's aggressive behavior with a gentle and firm attitude, and children's aggressive behavior will gradually disappear.

## Keywords

2-3-year-old Children; Aggressive Behavior; Reason and Solution Strategy.

## 1. Introduction

Aggressive behavior is a common behavior of human and animals. It refers to a kind of behavior that damages the body and mind of others under the control of subjective consciousness. Children's aggressive behavior refers to a kind of behavior that children consciously harm others, including patting, beating, kicking and so on.

Due to the stage of physical and mental development, 2-3-year-old children show more frequent aggressive behaviors, such as beating, pushing, kicking and biting peers because they often compete for toys.

## 2. The Main Reasons for the Frequent Aggressive Behavior

### 2.1. Self Concept Began to Sprout

2-3-year-old children begin to express their own ideas and behaviors independently of their parents. When they are about one year old, they begin to express their own ideas and behaviors independently. Therefore, when facing unpleasant things, many 2-3-year-old children will choose to use aggressive behavior to express their ideas or achieve their goals.

### 2.2. Self Centralization

2-3-year-old children are in the primary stage of growth and development, and self-centered is more obvious. They associate everything around them with themselves, as if they are the center of the universe. They can't take other people's views, pay no attention to other people's intentions, look at problems from other people's perspective, and can't look at problems according to the laws and characteristics of things themselves. Therefore, children aged 2-3 often have aggressive behavior because they rob toys or food, because they feel that all toys or food belong to them and don't think about each other's feelings. When they can't compete, aggressive behavior will occur.

### **2.3. Intuitive Action Thinking**

The thinking of children aged 2-3 has the characteristics of intuitive action thinking. This means that children at this age can only consider what their actions touch. They can only think in the action, not outside the action, nor can they plan their own action and foresee the effect of the action. Therefore, they can't think before they act, but think while doing. This way of thinking leads to that when children aged 2-3 compete for toys, they can only think of how much they want such toys, but can't think of the consequences if they attack others.

### **2.4. Immature Language Development**

Children aged 2-3 are mostly in the "one word sentence" and "simple sentence" stages of language development, that is, children mainly speak words and simple sentences composed of two or three words to express their meaning. At this stage, children are in the key stage of language development. While their vocabulary is growing by leaps and bounds, they also have problems such as vague pronunciation, unclear meaning, grammatical confusion and so on. They can't express themselves in accurate language. When they encounter disputes with their peers, they can't fully express their demands with words. In case of urgency, aggressive behavior has become the most commonly used tool for them to express their demands.

### **2.5. Low Self-control**

The level of self-control of children aged 2-3 is very low, mainly in the stage of being controlled by others, and the ability of self-control needs to be developed. Therefore, when children aged 2-3 encounter external temptation, they are mainly controlled by adults. Once adults are not in front of them, they are difficult to control themselves and often violate the rules. Therefore, the low level of self-control of children aged 2-3 is also one of the reasons for the frequent occurrence of aggressive behavior.

### **2.6. Underdeveloped Social Skills**

Children aged 2-3 already have the desire to communicate with peers, but some very important social skills, such as waiting, sharing and taking turns, have just begun to develop. They can't manage their emotions and reactions to suit the group life. For example, they can't restrain their desire for toys immediately, and they can't wait for other children to play first. Most of them do not understand the principle of mutual benefit in interpersonal communication, so they are unwilling to share their favorite toys with their peers. Therefore, most children of this age will hit, push, pull or even bite people because of their behavior such as robbing toys.

## **3. Main Strategies to Reduce Aggressive Behavior**

If preschool teachers can provide correct emotional support and help for children, most 2-3-year-old children can slowly learn to manage their emotions and reactions, and their aggressive behavior will gradually disappear. The effective support and help of preschool teachers can enable children to better learn to manage their emotions, promote the development of their emotional and social skills, and reduce children's aggressive behavior.

The main strategies to reduce aggressive behavior of children aged 2-3 are as follows:

### **3.1. Keep Emotions Calm and Gently and Firmly Stop Your Child's Aggressive Behavior**

In the face of children's aggressive behavior, it is very important for teachers to keep calm. Teachers should gently and firmly stop children's aggressive behavior. Then take him away from the scene of the incident. After he calms down, reiterate the rules of "no hitting" or "no biting". Maybe he can't follow these rules immediately, but as long as he perseveres, the children will internalize these rules sooner or later. Teachers should never give in to their

children because they are afraid of beating or crying, so that they will be easier to form the habit of beating or crying.

### **3.2. Place Multiple Toys of the Same Type in the Classroom to Reduce Children's Aggressive Behavior**

Most 2-3-year-old children's aggressive behavior is caused by robbing toys, and the insufficient number of toys in the classroom is the main reason for children's aggressive behavior. In order to reduce their conflicts caused by robbing toys, the classroom not only needs many kinds of toys, but also needs more than one toy. In this way, when a child wants to imitate others to play with toys, he can immediately find the same toy without using force to rob others' toys. In this way, most aggressive behaviors of children aged 2-3 can be reduced from the root.

### **3.3. Use Other Toys or Things to Divert Children's Attention**

When the number of the same toys in the classroom is not enough, resulting in children may fight for toys, using other toys or food to divert children's attention is also an effective strategy to reduce children's aggressive behavior. 2-3-year-old children's attention is very short, and their desire for a toy is often easily diverted by other toys or things. Therefore, when children are about to compete for toys, or it is difficult for children to calm down after aggressive behavior, it is also a good way to divert their attention with other toys or things.

### **3.4. Give Full Play to the Effectiveness of Home Cooperation and Create a Safe and Non Violent Environment for Children**

Imitation is the most important way for children to learn. The more children are exposed to violence, the more likely they are to imitate these violent behaviors. Therefore, preschool teachers should be good at using the way of home cooperation to create a safe and non violent environment for children. First of all, preschool teachers should create a warm, harmonious and colorful environment in the kindergarten to reduce children's aggressive behavior. Secondly, teachers give full play to the effectiveness of home cooperation, encourage parents to set a good example for their children, and encourage children's families not to let children contact TV, movies and books with violent content, so as to prevent children from acquiring aggressive behavior through observation and learning.

### **3.5. Observe a Small Number of Children Who are Particularly Aggressive Frequently to Understand the Reasons behind Children's Behavior**

Although children aged 2-3 have more aggressive behaviors, most of them are occasionally caused by competing for toys, and only a few children are particularly aggressive. For this part of children, preschool teachers should observe more and understand the main reasons why children beat people. Some children beat people because of fatigue or hunger, some children have nowhere to vent their exuberant energy, and others are to release their pressure (such as the kindergarten has changed or just moved to a new home). Paying attention to the causes of children's aggression can make teachers better understand these children's feelings, so as to take targeted measures to avoid their aggressive behavior, or help them better manage their emotions.

## **4. Conclusion**

As preschool teachers, we need to keep in mind that children are developing people. They have unlimited development potential, but their development needs time. Therefore, we must be patient with children. Most children will change their aggressive behavior when they have empathy and know that attacking others will bring harm to others. Therefore, only by correctly understanding the frequent aggressiveness of children, creating a good child and family

environment, giving children corresponding emotional support, and persistently stopping children's aggressive behavior with a gentle and firm attitude, children's aggressive behavior will gradually disappear.

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