

Behavior Therapy

Behavior shapes how children interact with the world. Sometimes, children with special needs may face challenges like aggression, anxiety, hyperactivity, or difficulty in socializing. Behavior Therapy helps address these concerns by teaching positive responses and coping skills.

Why Behavior Therapy is Important

Unaddressed behavioral challenges can affect learning, relationships, and self-esteem. Behavior therapy empowers children to manage emotions, reduce problem behaviors, and build social confidence.

Core Strategies of Behavior Therapy

- Applied Behavior Analysis (ABA): Reinforcing positive actions and reducing negative ones.
- Cognitive-Behavioral Techniques: Helping children understand and manage thoughts and feelings.
- Social skills training: Practicing interaction, sharing, and cooperation.
- Parental training: Equipping families with tools to handle behaviors at home.

Sanchetna's Role

Our therapists work closely with children to create structured routines and reward systems, encouraging steady improvement. We also involve parents and teachers, ensuring consistency across environments.

Towards Positive Growth:

Every behavior is a form of communication. With the right guidance, children can replace challenging behaviors with constructive ones. At Sanchetna, we see behavior therapy as the foundation for emotional well-being and successful learning.