

Certificate in Understanding Distressed Behaviour in Children

Course Overview

As children grow up, it is normal for them to test boundaries and show different emotions. Sometimes, however, their behaviour may be a sign that they are struggling. This could include anger, becoming withdrawn, being aggressive, finding it hard to concentrate, avoiding others, or behaving in ways that may put themselves or others at risk. This online course will help you understand what distressed behaviour is, why it happens, and how to respond in a calm and supportive way. You will also learn how things like autism, learning disabilities, sensory needs and mental health can affect behaviour, along with the key laws and guidance for supporting children safely.

What you will learn

This course has six units to complete. Unit 1 – Understanding Distressed Behaviour Learn what distressed behaviour is, why it happens, and how it can affect a child's wellbeing, learning and relationships. Unit 2 – Supporting Children with Distressed Behaviour Discover practical ways to support children, record incidents correctly, reduce distressed behaviour, and understand when physical intervention may be appropriate. Unit 3 – Mental Health and Distressed Behaviour Understand how mental health can affect a child's behaviour and learn how to provide the right support. Unit 4 – Learning Disabilities and Behaviour Explore how learning disabilities can influence behaviour and how to support children with different needs. Unit 5 – Autism, Sensory Needs and Behaviour Learn how autism and sensory processing differences can affect behaviour, communication and social interaction, and how to respond supportively. Unit 6 – Laws and Good Practice Gain an understanding of the key laws, guidance and responsibilities for supporting children with distressed behaviour safely and appropriately.

Entry Requirements

You must be aged over 19 at the start of the academic year and be a British Citizen or have right to study status. Some areas on England we are unable to fund, but we can check eligibility at application and signpost where required.

Course Fees

Please note that, upon successful completion of your course, you will receive an e-certificate by email. Printed certificates are not provided as standard. Awarding organisations have moved away from issuing physical certificates to support environmental sustainability, reduce their carbon footprint, and make it easier to obtain a replacement certificate if required. If you would like a printed certificate, this can be requested at a cost of £46, payable by the learner.

Course Progression

How This Course Benefits You
Personally: Build confidence in understanding why children show distressed behaviour and learn practical techniques to respond calmly and supportively. This helps create more positive relationships and a safer, more settled environment at home or in everyday life.
Professionally: Gain essential skills valued across childcare, education, youth work and health social care. You'll learn how to assess behaviour, record incidents, use supportive strategies and understand key legislation —strengthening your practice and boosting your employability.
Ideal Follow-Up Course A perfect next step is the Level 2 Certificate in Understanding Children and Young People's Mental Health, which builds on the mental-health-related learning covered in this course's units.

What Happens Next

Apply online via the College website. You will be contacted to come into College if required, or you will be sent a conditional offer according to the entry requirements for the course. You will then be invited to enrol for your chosen course of study.

Course Details

Course Code	P01074
Start Date	Various
Study Hours	Part Time
Duration	16 weeks
Campus	DISTANCE
Level	2

Apply Here