

5 STEPS to SUPPORTING BEHAVIOUR



How we respond to behaviour can make all the difference!

Behaviours come in all shapes & sizes!

It can depend on age and stage of development and also what is going on in your family. There is no one answer to fix all behaviour but here are some basic steps that can help.

1 Think about what your child needs.

When tensions rise- pause & think about the need that is driving the behaviour.

Identifying need will help you respond in the best way.

Behaviour is Communication.

Your child could be tired, hungry, looking for something they cannot have, or may have had a difficult day at school and need reassurance. Thinking about & responding to the need behind the behaviour can help us respond more compassionately and effectively.

2 Validate Feelings & Stay Calm

Children will often match our emotions and energy, so it's important to try and stay calm and confident.

One of the most powerful ways to diffuse a situation or to calm an emotional child is firstly to keep calm yourself.

Remember if you need to talk to your child about something important, it works well when everyone is calm.

Naming the feeling.

It's a big part of managing it all!

Children can become overwhelmed when things unravel and don't know what to do and how to name how they are feeling. They sometimes use their bodies and vocal ability to express their big full-on feelings!

The more we can observe and name the big feelings for them, the more often it can diffuse the high emotions or slow things down a little.

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3

Co-regulation

When things unravel often children don't know how to calm down & we need to help them.



4

Give Choices & consequences.

By using choices, we can implement boundaries as well as offer children a healthy amount of control. Rather than trying to insist children do something, offer them a choice between doing what you ask and a consequence for not doing so.

"It's time for dinner, you can have the snack afterward or not at all, it's your choice?"

5

Be Kind to Yourself.

Take time to look at what works best for you and your family. Ask for help if you need it & take time out to recharge the batteries.

Parents and caregivers are human too, we are not always going to get it right all the time!

Helping your child calm down and learn to self-soothe.



1. Take deep controlled breaths together.
 2. Hug a favourite toy or trusted adult.
 3. Engage your child in activity that involves their senses and awareness of their bodies- rocking, swinging, stretching, chewing.
 4. Watch objects with slow moving /soothing movements like glitter jar/fish tank.
 5. Move away from cause of distress
- **Be careful not to overstimulate your child and try to find a calming technique that works for them **

Giving your child reasons why is key to helping them understand what we are teaching them.

"It's really important that you stay close to me so I can keep you safe from the road, if you run out you could get hurt."

Children need to learn why some choices are better than others and how their behaviour affects others. It's all part of the journey of learning the cause and effect of their actions.