



## 5 C Needs

In order to function, it is important that our 5c's are met. We need to feel comfortable, have a connection with the people and environment around us, know that we count and make a difference, and know that we feel capable and can do a task and feel in control of a situation. If we are dysregulated it is likely that one of these needs is missing. Sometimes it is hard to understand what the missing need might be and we often step in to try to fix the missing need or difficulty. In order to do this we need to be 'curious' about the behaviour and not put any blame on the individual. We need to be insistent, persistent, and consistent, with a bucketful of kindness. We need to think what are the missing skills or needs? How can we help the child to manage their needs in a pro-social way so they have a pathway to independence rather than stepping in to rescue them?

What is the behaviour telling me?

What are the unmet needs?

What are the missing skills?

Conversations about missing needs and when a child is dysregulated are most beneficial after the moment has passed. If you try to step in too soon to help a child it can lead to them becoming more dysregulated and it may be distressing for you as an adult. When having a conversation it is important that as adults we...

Stay calm, connect with the child's experience.

Have high expectations and high support

Say 'We' or 'I' not 'You'

Publically celebrate the skills and behaviours

Listen to what the child is saying

Don't jump in and tell them what they need to do

## Helpful words and phrases you could use might be...

I've noticed that it's really hard for you...

Do you want that to change or stay the same?

We want to help you get better at...

Have a little think about it...this is hard...

I believe you can come up with an idea...keep thinking...you won't be brilliant at this in the beginning, you need to keep going...

I wonder why...

When you feel...what would you like to happen?

What was up? What was going on for you? Don't worry, you're not in trouble.

What do you do really well?

What do you think will help you?

What do you think you could do?

I don't know if you know, sometimes you come across a bit harsh, were you aware of that?

It's really understandable that you feel...and it's really important that we support you...

That's a big feeling you've got...I wonder what's happened....

It's understandable...

How can we help you?

We're going to have to work hard on...

Oh my goodness, that's horrible, it must be a lonely place to be...

Do you know, you're not alone, other people feel like that too

Is there anything that would make your life better at...

I noticed something is going on..

When I saw ...and heard your voice...