

Understanding Behaviour for parents

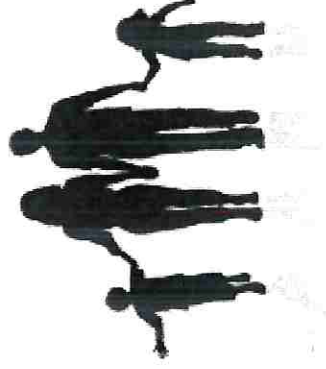
Nikki Shergold
Parent Support Advisor's
Wellbeing Support
Service

Objectives

To help with improving your understanding of your child and their needs

To help you to develop a better relationship with your child

To look at some practical and effective strategies



Typical Challenging Behaviours

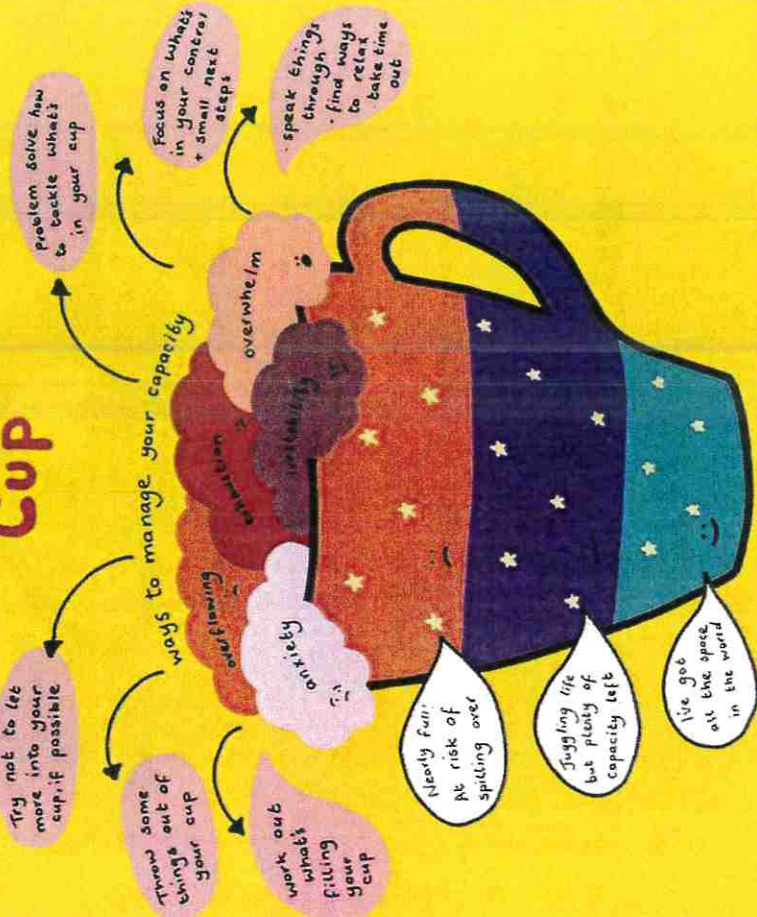


Behaviour iceberg

Behavioural reactions of children who have or are experiencing trauma and/or crisis with self regulation and/or sensory issues.



The Capacity Cup



THE EMOTIONAL CUP

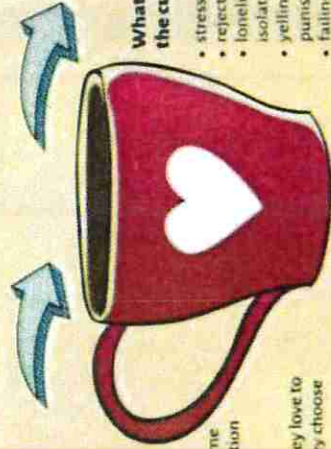
Imagine that every child has a cup that needs to be filled...with affection, love, security, and attention. Some seem to have a full cup most of the time, or know good ways to get a refill. But most children get a little nervous when their cup gets near empty.

Some ways that children deal with having an empty cup:

- steal from other people's cups
- misbehave to get your attention and show that they need a refill
- seem to have bottomless cups, or need constant 'topping off'
- can't sit still for refills or actively refuse them
- bounce off the walls when they approach 'empty'
- think they have to fight or compete for every refill

What fills a child's cup:

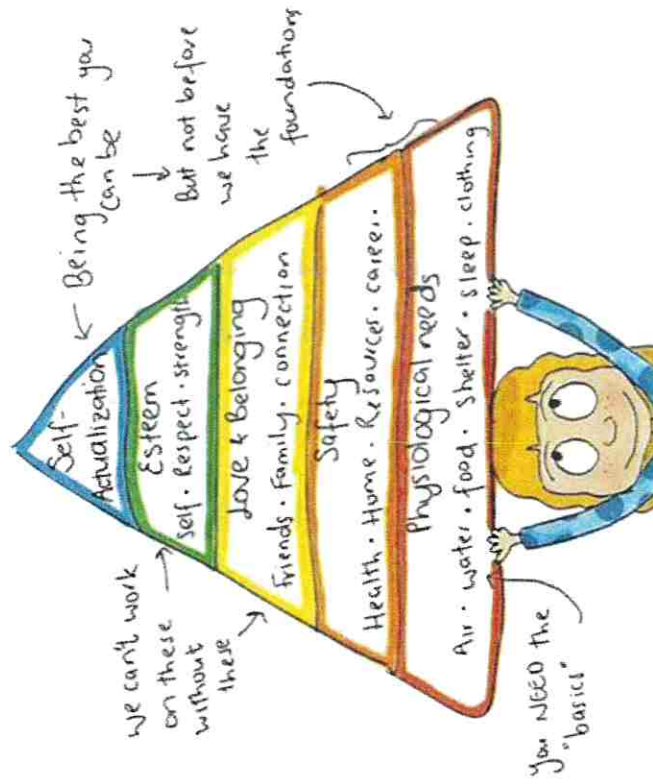
- play
- friendship
- one-on-one time
- love and affection
- connection
- succeeding
- doing what they love to do or what they choose to do



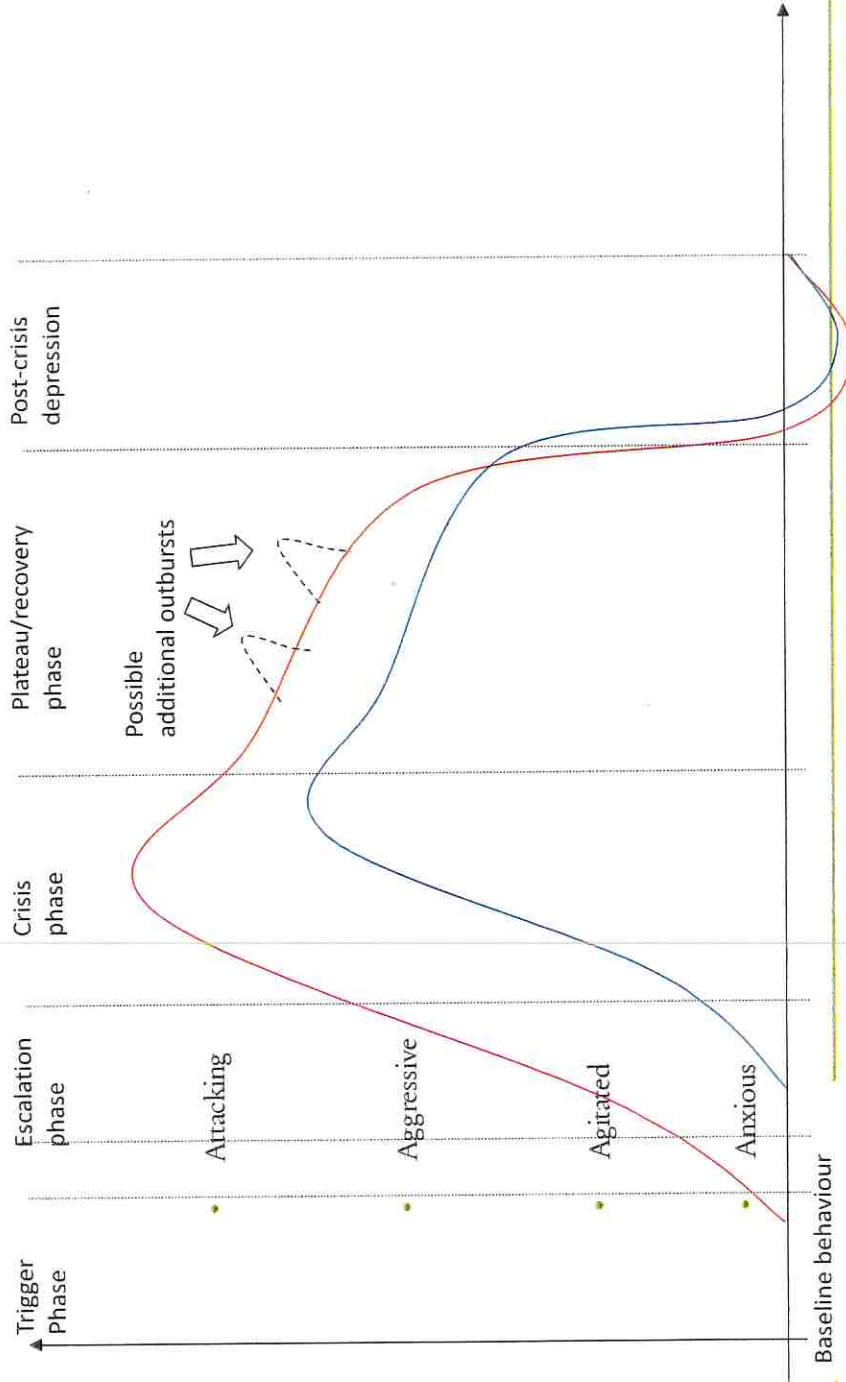
What empties the cup:

- stress and strain
- rejection by peers
- loneliness and isolation
- yelling and punishment
- failing
- fatigue
- doing what they're forced to do or they hate to do

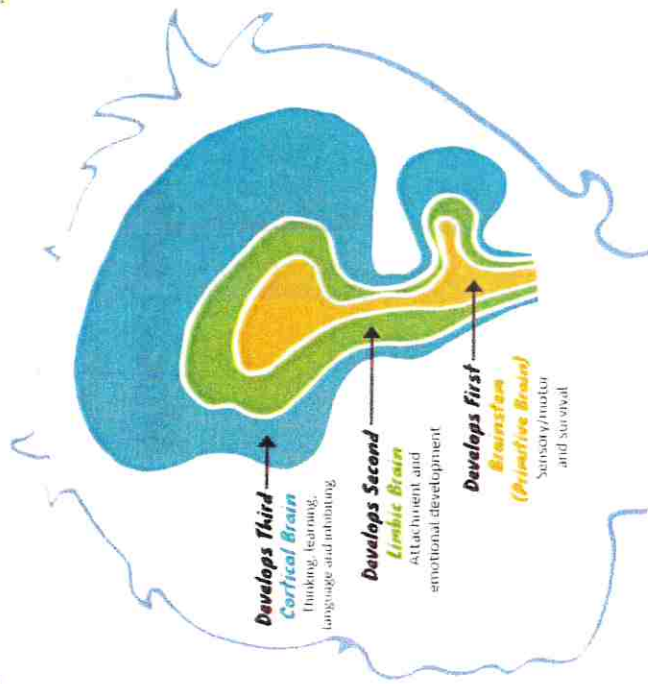
MASLOW'S Hierarchy of Needs



The Assault Cycle



Flipping Your Lid

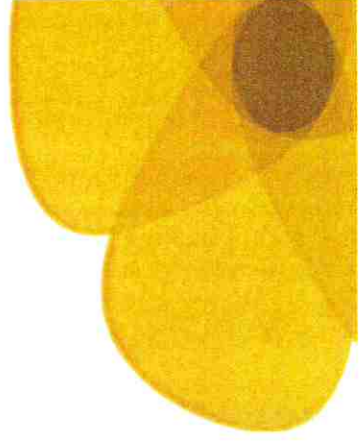


Flipping Your Lid!

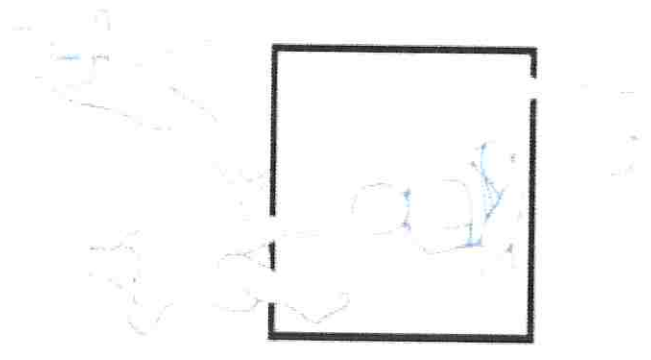
The Hand Model of the Brain

Adapted and presented by Emotion Coaching UK

[The Hand Model of the Brain - YouTube](#)



The
Window
of
Tolerance



Transition FROM ROOM TO ROOM

Break time

CHANGE IN ROUTINE

Each child has unique triggers which push them out of their window of tolerance.

A test

GOING HOME

A group exercise

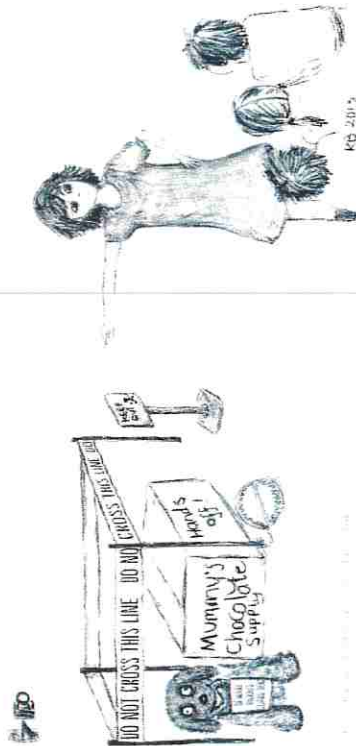
An argument with a sibling

Being told 'no'

How to Support Emotional Regulation

Establishing boundaries

GOOD PARENTING IS ALL ABOUT ESTABLISHING CLEAR BOUNDARIES



Our Family Rules

- ♥ Think about others
- ♥ Keep your promises
- ♥ Share
- ♥ Say I love you
- ♥ Listen to each other
- ♥ Do your best
- ♥ Say please, thank-you and excuse me
- ♥ Tell the truth
- ♥ Laugh at yourself
- ♥ Hug often
- ♥ Use kind words
- ♥ Help each other
- ♥ Move and play every day
- ♥ Try new things
- ♥ Be grateful
- ♥ Dream big
- ♥ Respect one another
- ♥ Laugh out loud



The vital relational functions.

- **ATTUNE:** Catch 'n' Match the feeling!
Be alert to how the child is feeling and demonstrate attuning to their emotional state.

- **VALIDATE:** Stop the behavior, validate the feeling.
Validate their experience / perspective / feeling. This needs to happen before you can move to help them regulate.

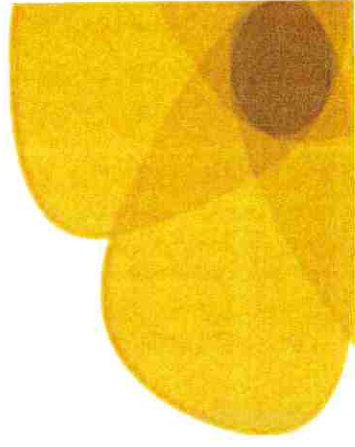
- **CONTAIN:** Make the unbearable survivable!
Show that you can catch / understand their feelings and that you can bear it. Make their feeling (distress/angry/sorrow/excitement) a survivable experience.

- **REGULATE:** Meet the intensity then calm soothe.
Meet the intensity then calm and soothe. Become there co-explorer as well as there co regulator.

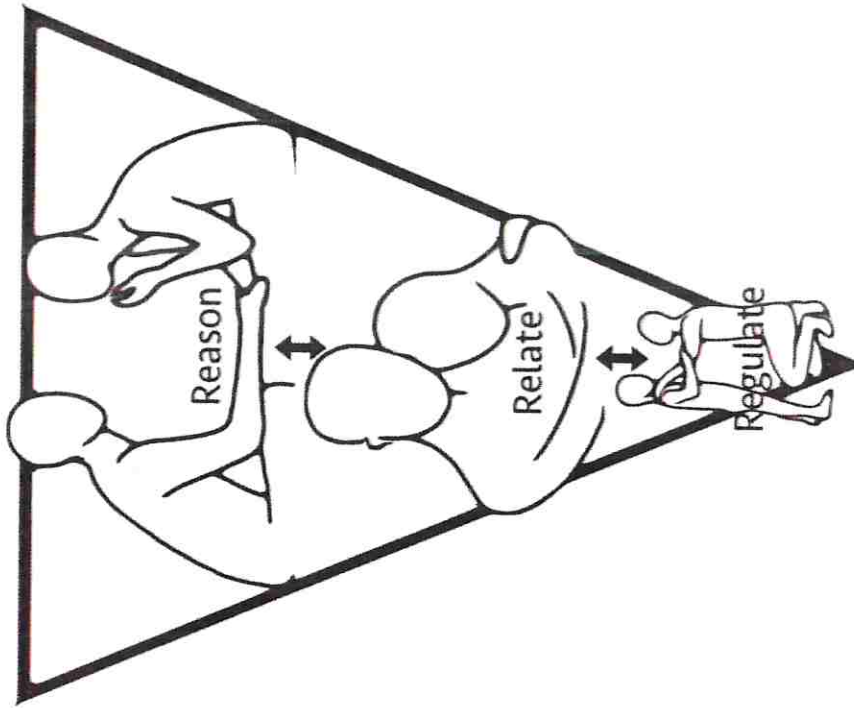
Active Listening



[Inside Out Sadness comforts Bing Bong - YouTube](#)



It is important to repair
our relationship with our
child.



Beacon House

Building a relationship with your child

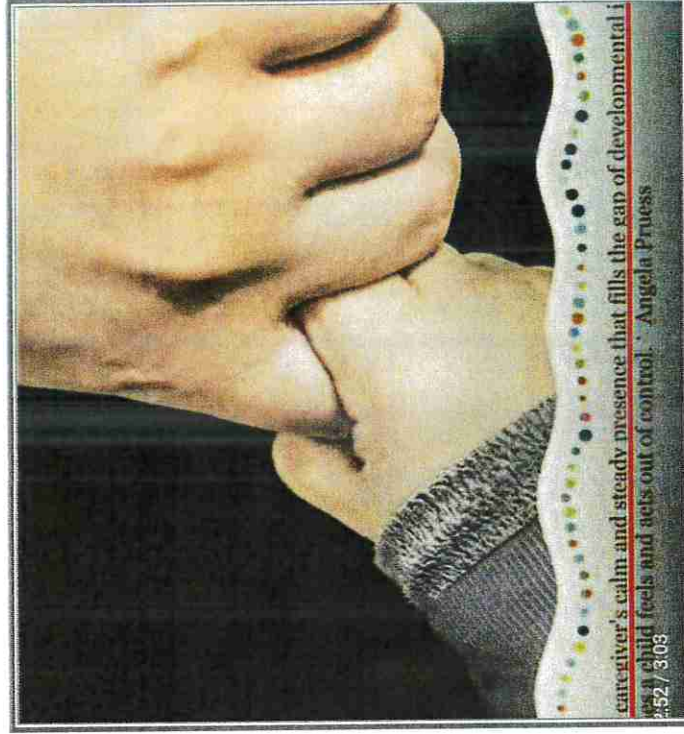


You and your child have fun...



De-escalation Strategies

- De-escalation tips for parents you tube clip
- <https://www.youtube.com/watch?v=5Uj0nY6mks>



Top tips

- Be consistent: say what you mean and stick to it
- Make the consequence fit the crime
- Empathise, but keep boundaries in place
- Never say 'no', use 'when and then' instead
- Don't say don't, say what you do want.
- Calm and controlled voice
- Notice and praise
- Thank you, not please



Helpful books!

