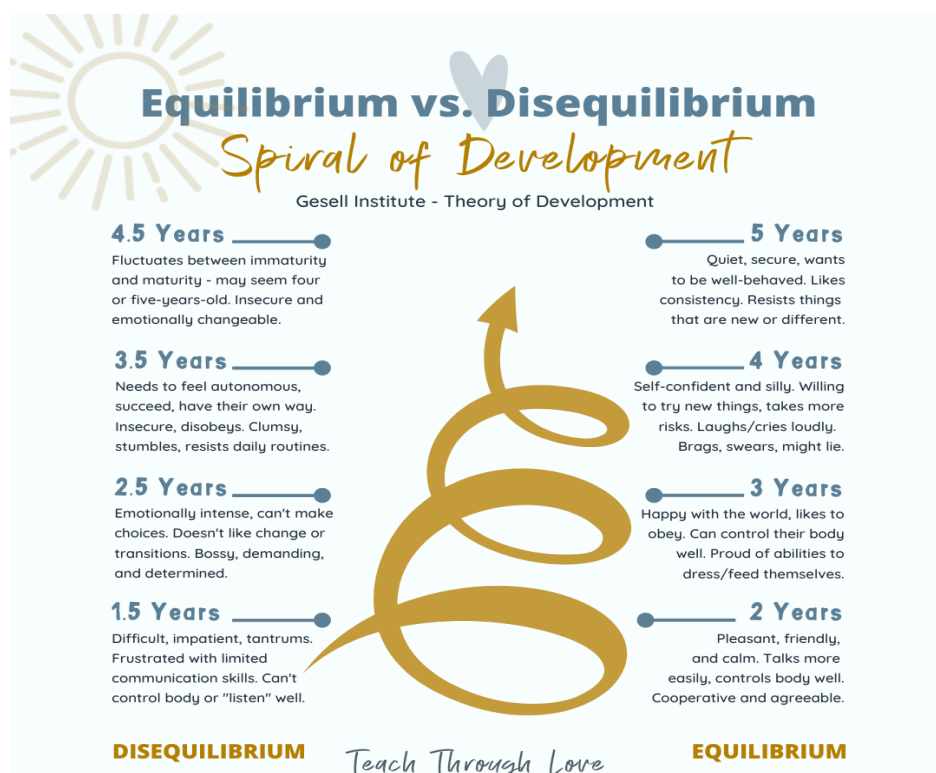


Behaviour as Communication Bitesize Information Sheet

Behaviour isn't something to be stopped - it is something to be understood

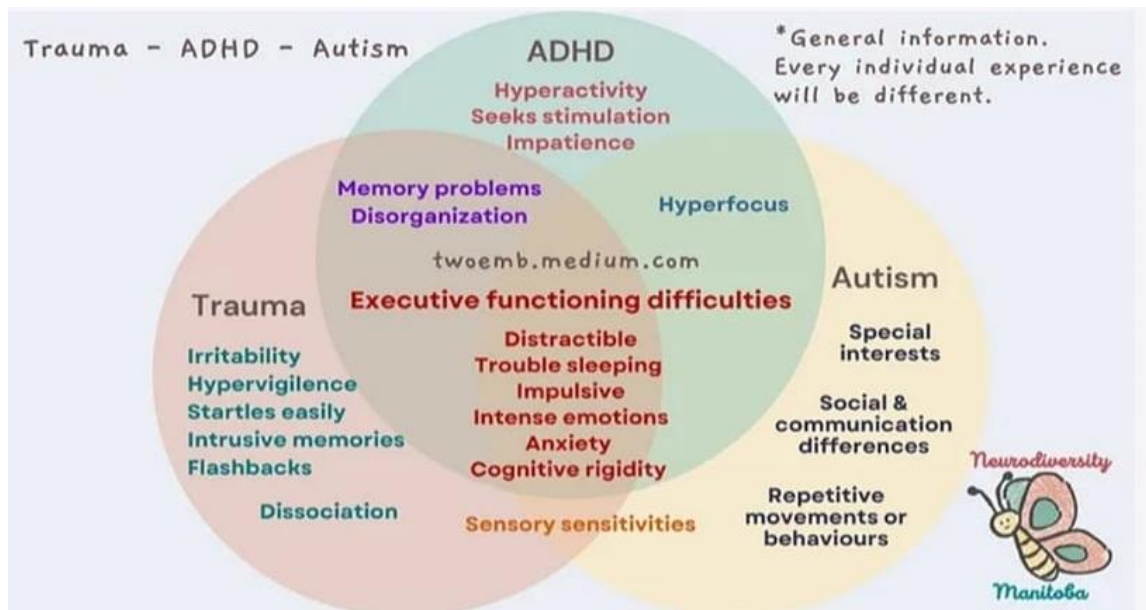
Development stages

Age	Theme	Conflict
0-18 months	Hope	Trust vs mistrust
1-3 years	Will	Autonomy vs shame
3-6 years	Purpose	Initiative vs guilt
6-12 years	Competence	Industry vs inferiority
12-19 years	Fidelity	Identity vs confusion



What lies beneath behaviour? Checklist

- Underlying basic human need
- Developmental stage
- Nervous system state
- Survival response
- Coping strategy
- Changes in the brain
- Trauma induced thinking
- How is the 'problem' the child's solution?



Affirmations to practice based on feeling and need

When I feel – angry – I will pause until I am able to think clearly so I can respond rationally instead of reacting

When I am overwhelmed – I will write down what I need to get done and focus on one task at a time based on importance

When I am insecure I will work on appreciating and accepting myself, flaws and all. I am more than I give myself credit for.

When I am feeling rejected – I will acknowledge that this feeling sucks but I will not let it consume me. Rejection is redirection.

When I am feeling discouraged – I will be kind to myself and remind myself of the reason why I am trying. I will use that as my strength.

When I am feeling anxious – I will focus on the present moment and take deep breaths to regulate my nervous system.

4 ways to release the need for control

- 1) Take a time-out. Step back, breathe and count to 10. When you feel calm, return to your child. Don't ignore your emotions. Tell yourself 'I'm safe'
- 2) Look for the root cause. Over-stimulation, hunger, anxiety etc..you can deflect negativity and help your child calm down if you know the real reason they are upset
- 3) Make sure children know their feelings are heard and understood. Let them know you are curious about how they feel without blaming or judging their behaviour
- 4) Regroup by looking for your window of opportunity. Follow your child's cues to find the right moment to offer a new choice, direction or activity

