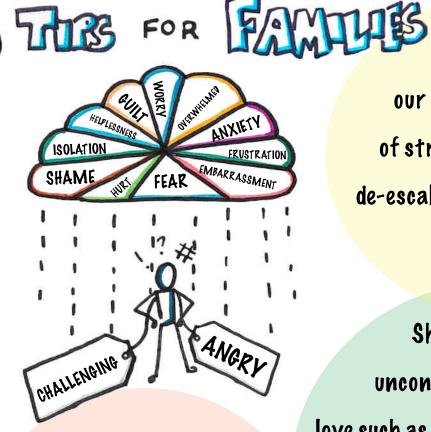
Acknowledging...

behaviour is communication.

What might be happening for our children that they do not have the words for yet?

Science tells us that,
at times of big feelings, we
need to **find calm** in a way that
works for us and our child before we
can safely explore what is behind
the behaviour.



When we use a playful approach with curiosity acceptance and empathy, we increase our connection with our children.

Noticing...

our own feelings and levels
of stress, can have a positive
de-escalating effect for ourselves
and our children.

Showing our child unconditional gestures of love such as doing something together or cooking a favourite meal, reminds them that they are always loved and that we are reaching out with no judgement or blame.





