

5 TIPS FOR FAMILIES

Acknowledging...

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



Noticing...

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

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.

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.

...to support big feelings behind children's challenging behaviour...



PAGE 10 (IAN HUGHES)