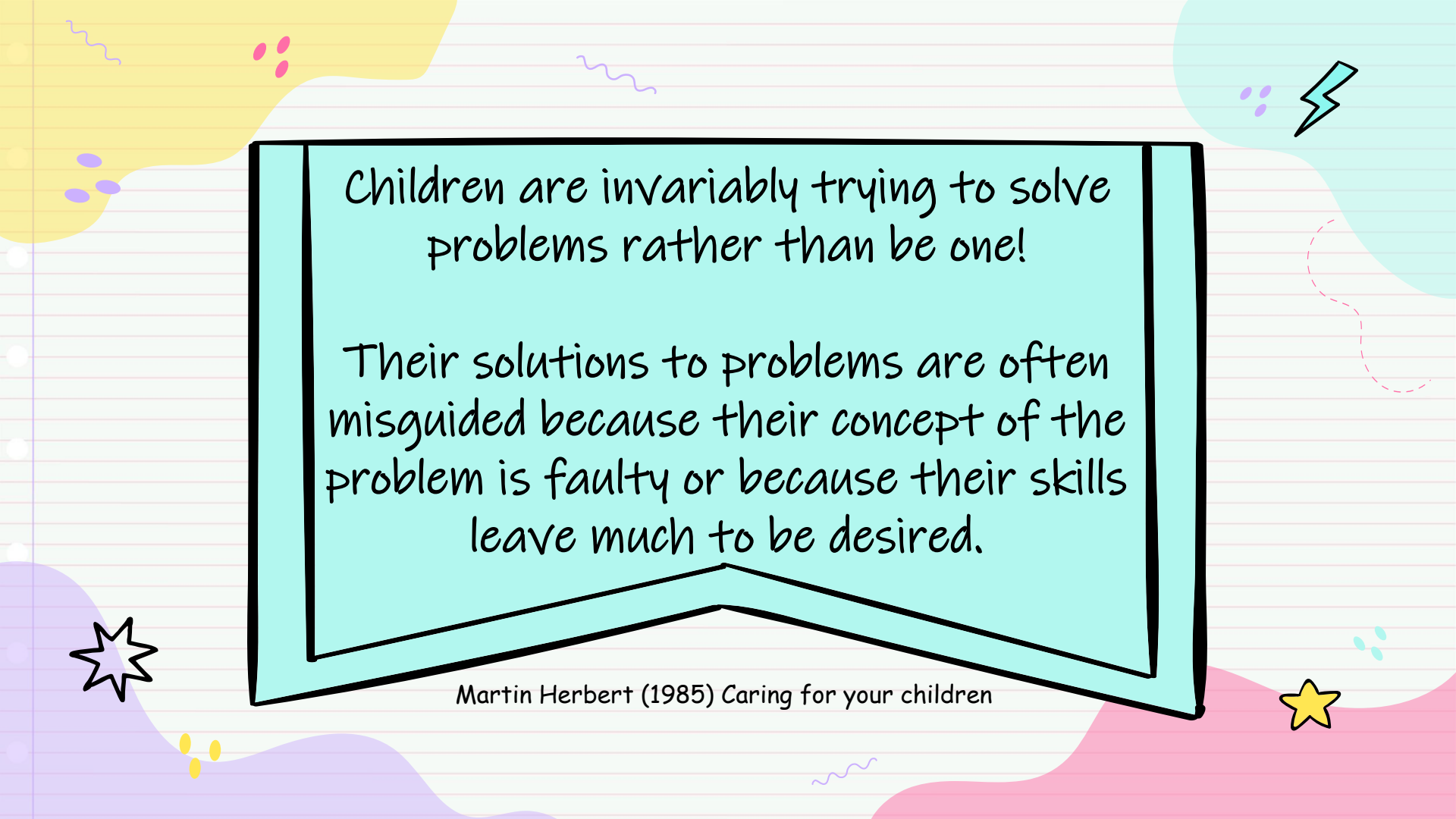


Behaviours that Challenge



Our Session ...

- ❖ Reasons for Behaviour
- ❖ Behaviour Models - The Science
 - ❖ 6 Stages of Crisis
 - ❖ De-escalations Strategies
- ❖ Managing Behaviours that Challenge Techniques
 - ❖ The Recovery
 - ❖ Top Tips



Children are invariably trying to solve problems rather than be one!

Their solutions to problems are often misguided because their concept of the problem is faulty or because their skills leave much to be desired.

Martin Herbert (1985) *Caring for your children*

Reasons for Behaviour

Communicative Function

Behaviour is a form of communication.

It will serve a purpose for your child:

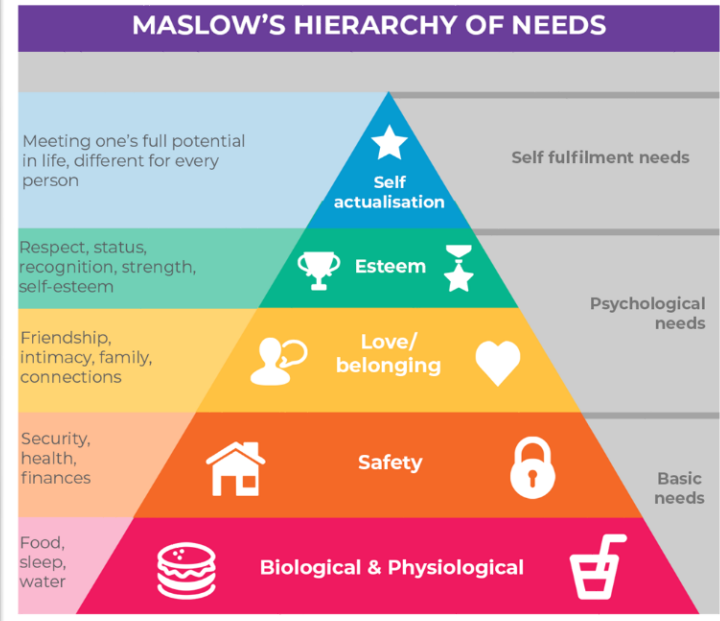
Avoidance

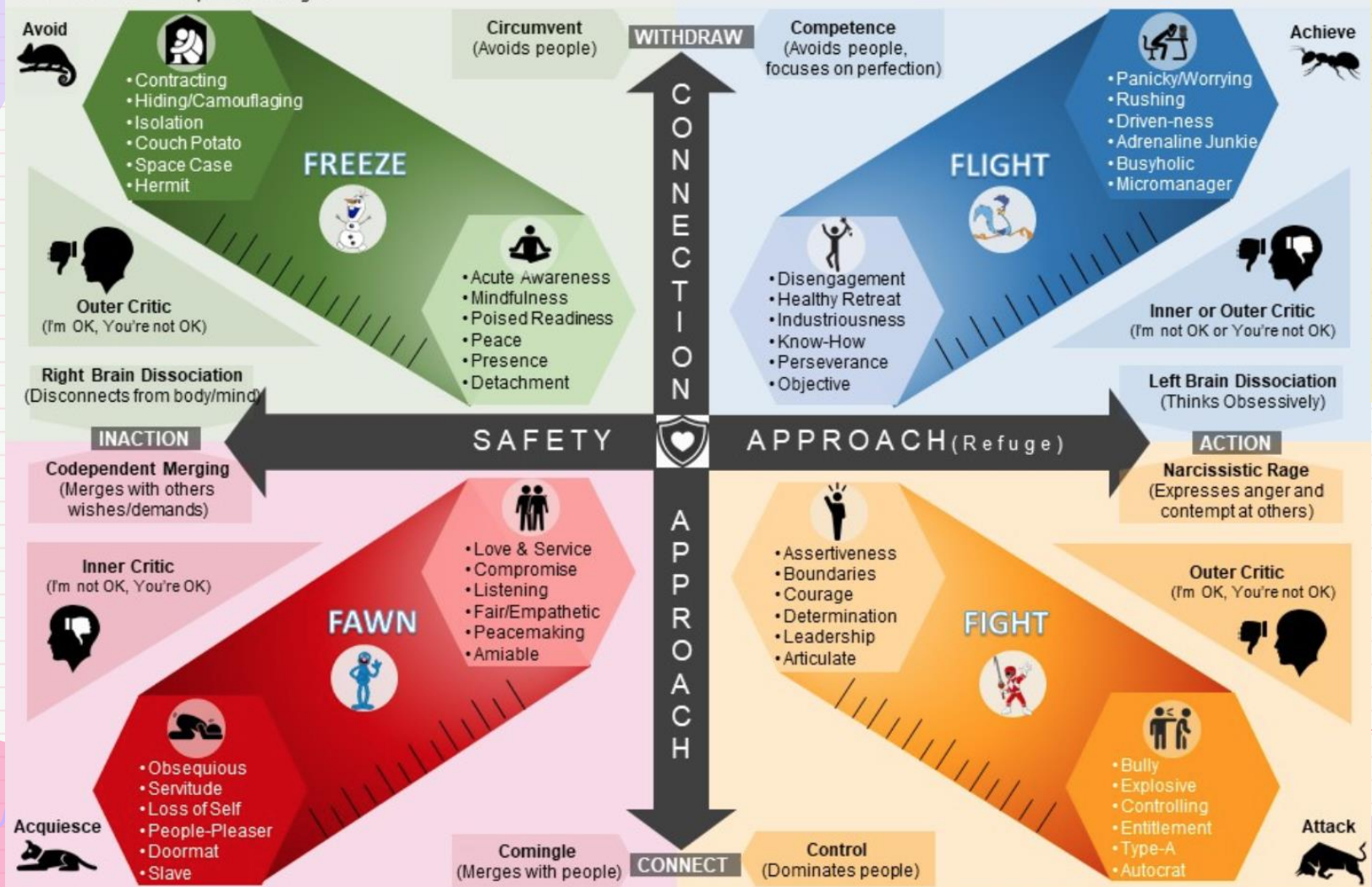
Attention

To get something

Sensory

Emotional release





- Avoid**
- Contracting
 - Hiding/Camouflaging
 - Isolation
 - Couch Potato
 - Space Case
 - Hermit

FREEZE



Circumvent
(Avoids people)

WITHDRAW

Competence
(Avoids people, focuses on perfection)

FLIGHT



- Panicky/Worrying
- Rushing
- Driven-ness
- Adrenaline Junkie
- Busyholic
- Micromanager



Outer Critic
(I'm OK, You're not OK)

Right Brain Dissociation
(Disconnects from body/mind)

- Acute Awareness
- Mindfulness
- Poised Readiness
- Peace
- Presence
- Detachment



- Disengagement
- Healthy Retreat
- Industriousness
- Know-How
- Perseverance
- Objective



Inner or Outer Critic
(I'm not OK or You're not OK)

Left Brain Dissociation
(Thinks Obsessively)

INACTION

Codependent Merging
(Merges with others wishes/demands)

SAFETY



APPROACH (Refuge)

ACTION

Narcissistic Rage
(Expresses anger and contempt at others)

Inner Critic
(I'm not OK, You're OK)



FAWN



- Love & Service
- Compromise
- Listening
- Fair/Empathetic
- Peacemaking
- Amiable

- Assertiveness
- Boundaries
- Courage
- Determination
- Leadership
- Articulate

Outer Critic
(I'm OK, You're not OK)



FIGHT



- Bully
- Explosive
- Controlling
- Entitlement
- Type-A
- Autocrat



- Obsequious
- Servitude
- Loss of Self
- People-Pleaser
- Doormat
- Slave

Comingle
(Merges with people)

CONNECT

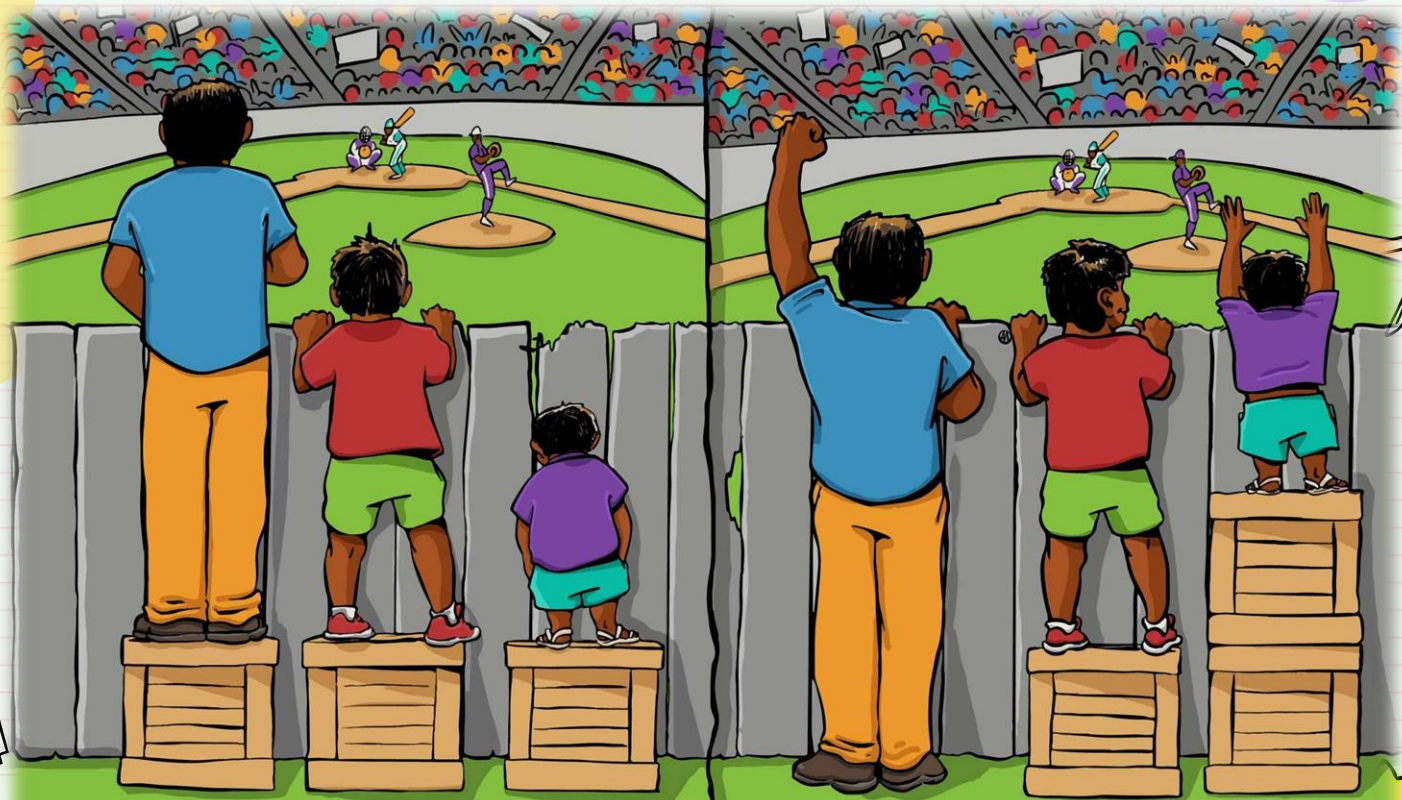
Control
(Dominates people)



Ecological model of Behaviour

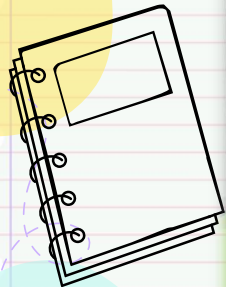
Ecological Model of behaviour



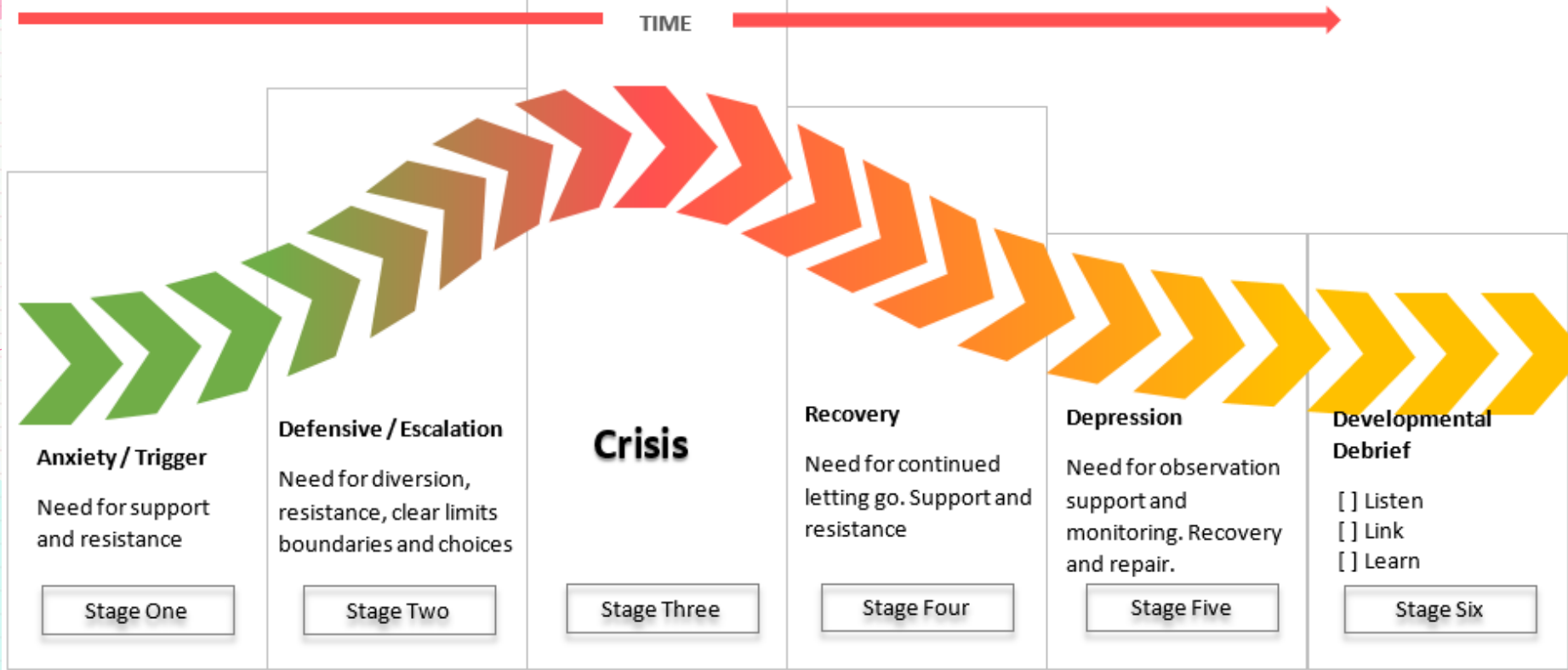


EQUALITY

EQUITY



6 Stages of Crisis



What are we doing when?

De-escalation strategies

Recognise the feeling - 'I can see you are ...'

Listen to them - What do they need?

Problem solve

Clear instruction/ expectations

Walk away - Give them time, space

Praise something - Find something positive even in the bad times

What do you need? - Give them 2 choices 'This ... or .. This'

Calming options - That work for your child - figure these out together

A safe space

A hug

Colouring

10 minutes (timed) on a game

Time on the trampoline

5 Point Scale

5 I can't stand this and ready to explode.

I want to hit someone, something, or throw something. I need an adult to help me go to a safe place so I can calm down.



4 I am getting too angry.

My brain isn't working clearly. I might say or do something I will be sorry for later. I need to go to my safe place to calm down.



3 I am getting really irritated.

I need to walk away from a bad situation. I will tell my teacher that I need a break.



2 I am doing OK.

I'm not pleased, but I'm not upset. I can stay where I am and keep working. I can control my anger by myself.



1 I am doing great.

I feel good about myself and about what is going on around me.



How do I feel?	What can I do?
5 angry mad frustrated	take deep breaths squeeze a pillow/ball
4 disgruntled irritated annoyed frustrated	run outside
3 scared nervous	press on brain bag
2 sad tired	
1 happy excited	

5	Out of Control The Thing	
	I feel like I am about to explode! I feel completely overwhelmed and may become unsafe.	
4	Starting to Lose It The Hulk	
	I'm getting very angry and I may start to say things I don't mean.	
3	Anxious/Worried/Excited The Flash	
	I feel like I need to run away as fast as I possibly can.	
2	I Think I Can Handle It Spiderman	
	I am going to push myself to try my very best even if it is hard. I will feel proud when I get through it.	
1	Just Right Superman	
	Nothing can bring me down! I am a man of steel and feel on top of the world!	

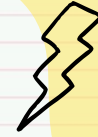
CHECK IN	
5	THIS CAN MAKE ME LOSE CONTROL!!!
4	THIS CAN MAKE ME MAD!
3	THIS CAN MAKE ME FEEL NERVOUS.
2	THIS SOMETIMES BOTHERS ME.
1	I CAN HANDLE THIS.



Crisis Management



Stop Talking



Be Calm



Listen



Comfort/ Care/ Nurture

Recovery Support

 $2+2$

Your child needs to be okay from the crisis -
How are they feeling? (sad, guilty, still frustrated)

What is going to help them feel better?

x^2+y

- Reparative strategies
- * Be sorry
 - * Clear the mess together





Follow Up

Reflecting on the behaviour

Pre planning for a different response if
this happens again



look after
yourself.



there is only one
of you.





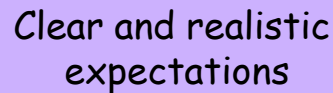
Top Tips



Find the positives



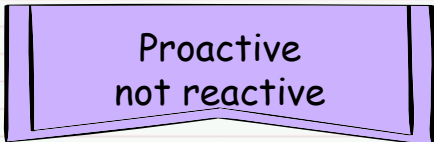
Consistency with flexibility



Clear and realistic expectations



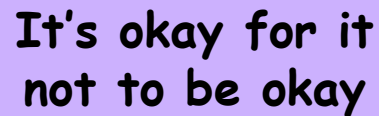
Avoid confrontation



Proactive
not reactive



Pick your battles



It's okay for it
not to be okay

Children merely
want to know where
the **boundaries** lie
and who's available
to enforce them.

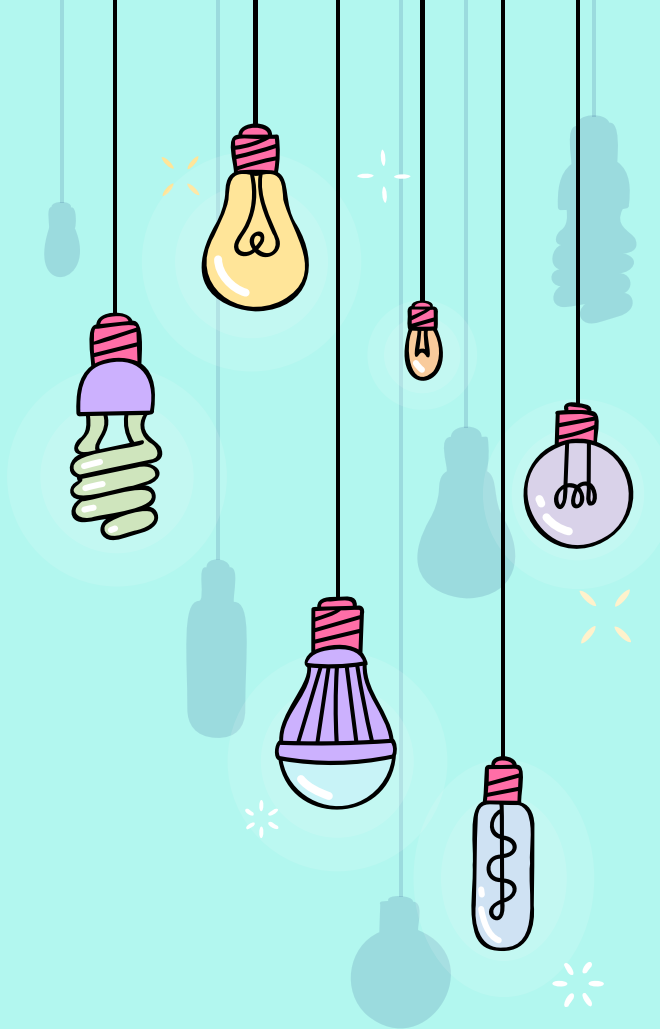
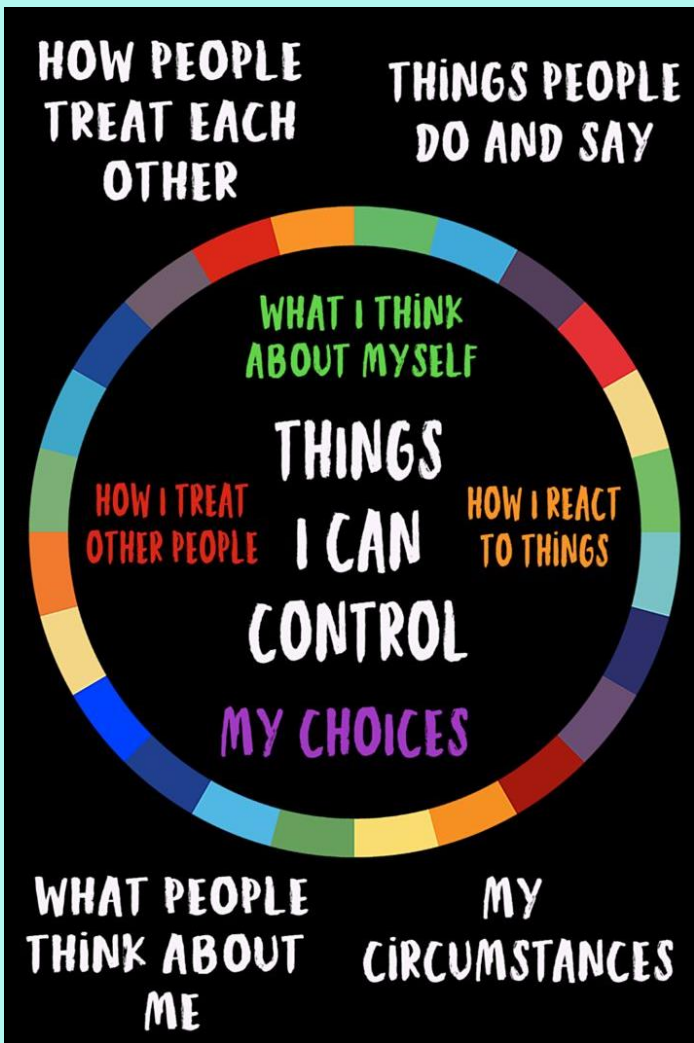
– Dr. James Dobson

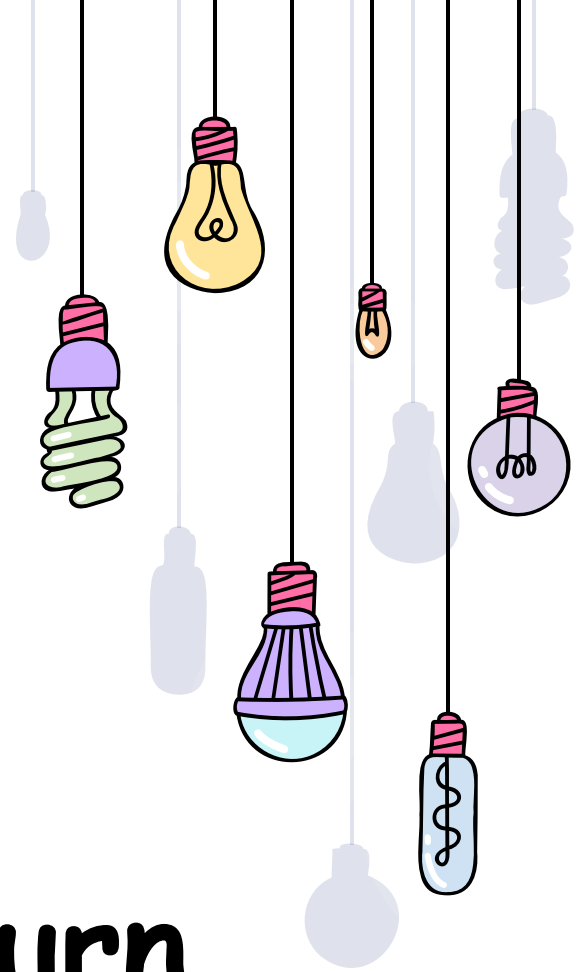
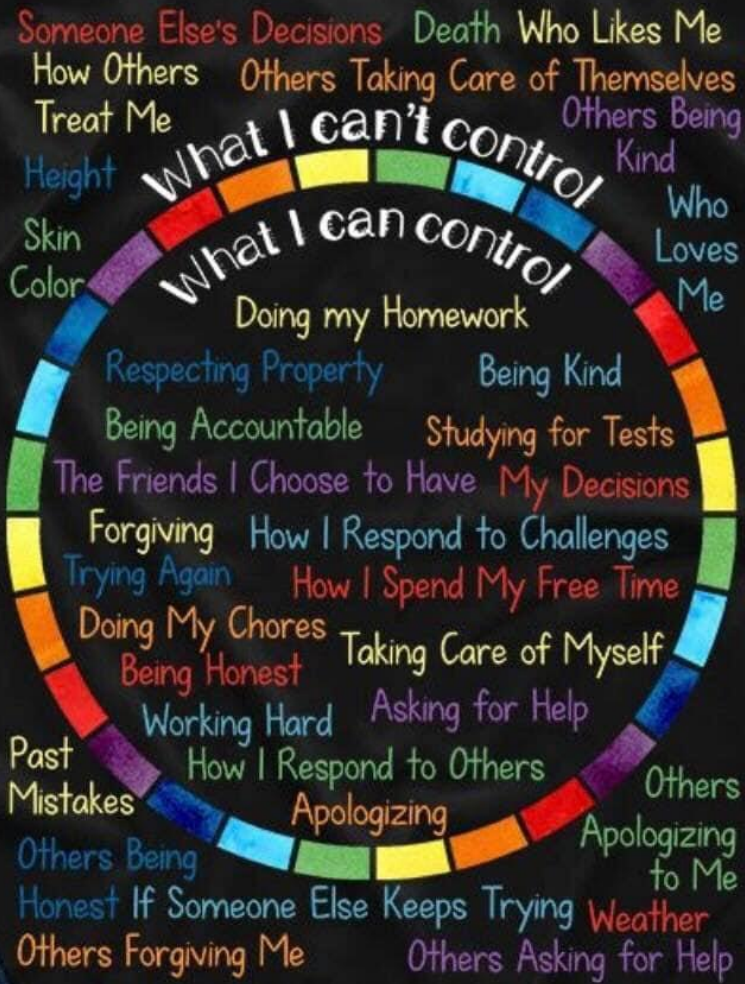


Useful Links

- <https://www.5pointscale.com/>
- <https://www.zonesofregulation.com/index.html>
- <https://parents.actionforchildren.org.uk/behaviour>
- <https://www.youngminds.org.uk/parent/a-z-guide/challenging-behaviour/>
- <https://families.barnardos.org.uk/4-8-years/understanding-behaviour>
- <https://families.barnardos.org.uk/8-12-years/routines-behaviours>

Control

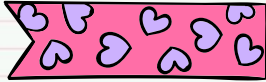




Your turn



Thank you!



Do you have any questions?



Please take the slides and resources to share with family members at home.

