

## COPING WITH BEHAVIOURS THAT CHALLENGE

- Look at previous incidents; try using **Setting-Trigger-Action-Response** framework or a journal. Can identify patterns or give baseline.
- Make a plan from when behaviour occurs; look at what has and hasn't worked in the past in conjunction with other people involved. Decide if you will need to involve others. Plan your roles and who will call the shots. Try to get all involved stick to it consistently.
- Try to recognise the triggers; try using the **5 point scale.** \*

## THE BUILD UP PHASE

- Keep yourself calm; deliberately slow self down- your thinking, communication and movement.
- Keep tone of voice calm, language short and simple
- Monitor your posture, where you stand, keep expressions neutral – you want the child to concentrate on what you are saying.
- Remind yourself of the 'plan'

- Refocus by using now.....then or drawing attention to picture timetables, or visual 'rules'/ reminders.

NB- do not try and bribe; could lead to bullying.

- Once you have reminded child, give him time and space to make sense of what you have said.
- Give them an escape route if possible, plan in advance where they can go and what they should do. They may need an adult prompt at first; maybe a private sign.
- Try changing direction; don't think in terms of winners and losers. Consider if you need to stick to your guns, maybe you could both be winners. Try making a different smaller demand or consider distraction.

## THE EXPLOSION

Prioritise;

- Keep damage to a minimum; physical and psychological damage (to your relationship with your child and your child's dignity)
- Clear the environment
- Clear other people
- Implement the 'plan'- do you need help from another person.

- If no danger; low key, keep your distance
- If need to intervene should only be for safety reasons and for minimal time possible; give child chance to show he has calmed down
- Keep tone of voice calm, language short and simple

## THE RECOVERY PHASE

- Give space and time for your child to calm down and for you to regain your self control and powers of judgement
- Try to reintroduce a degree of structure and predictability
- Try to build bridges; find something that the child can do and which can praise.
- If possible talk it through with your child; try using **comic strip conversations.**\*\*

## SELF

- Re evaluate the 'plan', what worked what didn't and what could be done different. Don't be too hard on yourself
- Talk it through with someone, de brief as you need emotional support.

\*The incredible 5 point scale- Kari Dunn Buron and Mitzi Buron

**\*\*Comic Strip Conversations- Carol Gray**