



Behaviour Workshop



1/3/17



Introduction of Carole Thomson, school inclusion leader and SENDCo, and her role.



1. General behaviours we might see.



Bedtime, tired, hungry, sibling rivalry, temper tantrums, refusal to comply, inability to share, violent outbursts.



2. Tips to de-escalate behaviour



Stay calm and do not get into a power struggle



Keep facial expression neutral



Keep instructions simple in language or use gestures. Repeat often.



Do not give big reaction



Show you understand (reflect the feeling back to them)



3. Behaviour strategies



Set your boundaries and stick to them



Set routines and keep to them. Visuals can support this.



Put consequences in place such as time out, stop and think mat/chair, removal of privileges



4. Understanding their behaviour



Remember all behaviour is a communication.



Look for the trigger.



Understand your child - strong willed child need boundaries, anxious child needs reassurance, hurt child needs to heal. Their behaviour will look the same.

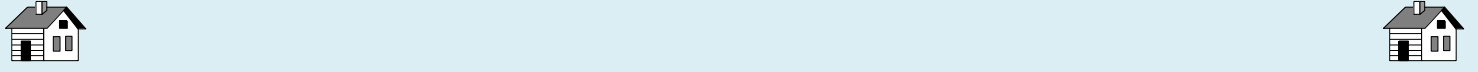


STAR (setting, trigger, action, response)

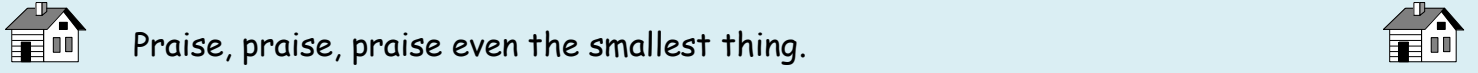


Wait until it is calm to discuss. This can take 15 minutes to calm down.





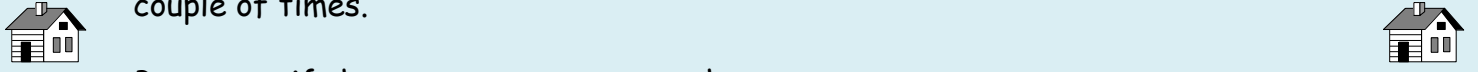
5. Other things that help



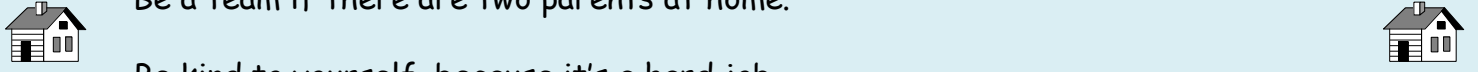
Praise, praise, praise even the smallest thing.



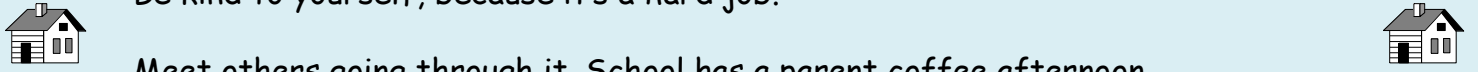
Rewards. Charts, treats, special box. Persevere with these; don't just try a couple of times.



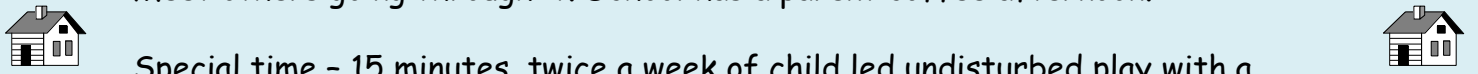
Be a team if there are two parents at home.



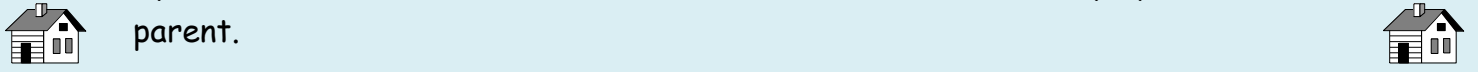
Be kind to yourself, because it's a hard job.



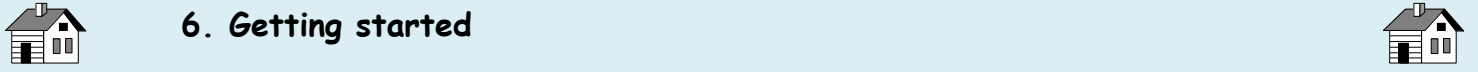
Meet others going through it. School has a parent coffee afternoon.



Special time - 15 minutes, twice a week of child led undisturbed play with a parent.



6. Getting started



Choose one area of behaviour you want to change and choose the strategy you are going to use. Try it and keep going with it.

