

Behaviour and Boundaries pt. 1

Connection changes behaviour
more than correction ever will



@The_Therapist_Parent



Behaviour and Boundaries pt. 1

“Challenging behaviours are often a form of communication, expressing unmet needs or distress”

“Children who are repeatedly 'misbehaving' or being challenging simply aren't coping with the stresses of day-to-day life and simply don't know how to express this.”

“Two things that cause challenging behaviour are their unmet wants and unmet needs”





“Pay more attention to context, this will improve the odds that we’ll correctly identify situational factors that are influencing our behaviour and that of others ... we should realise that situational factors usually influence our behaviour and that of others more than they seem to, whereas dispositional factors are usually less influential than they seem.”



If we want children with challenging behaviour to improve their behaviour, we have to teach them explicitly and not just expect them to "get it". We need to take a restorative behaviour approach to reinforce relationships and explicitly teach them skills such as;

- develop empathy
- reflecting on consequences
- conscientiousness

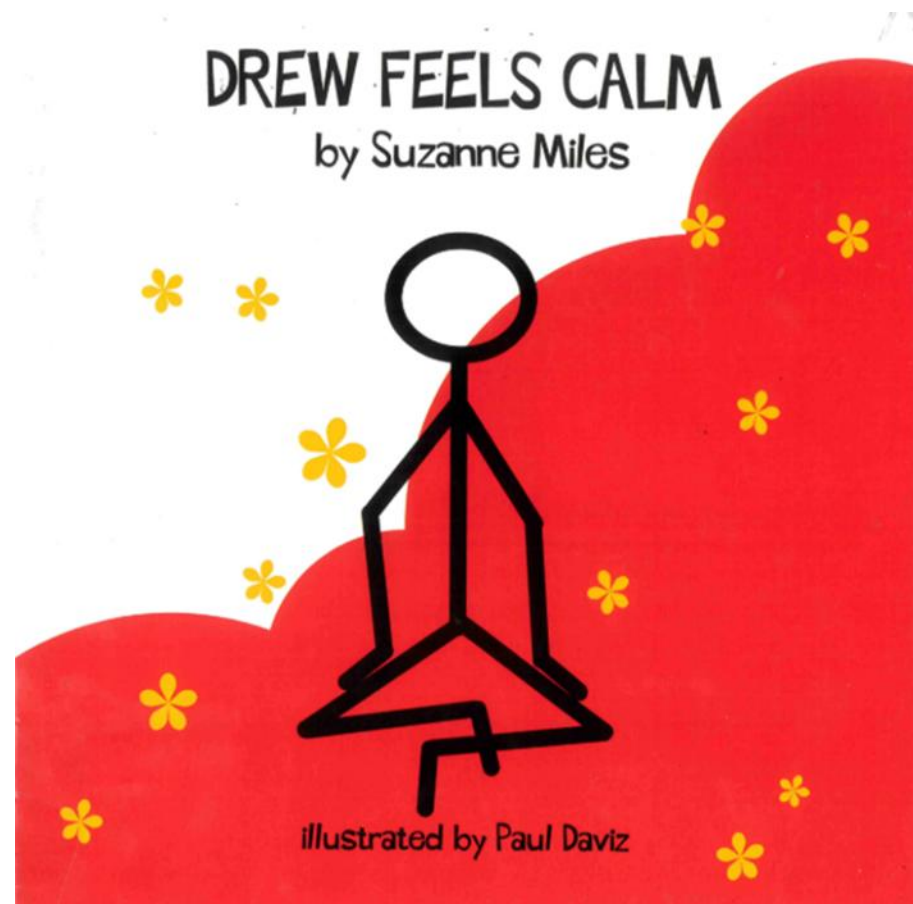


Lets talk about behaviour

- What does Challenging Behaviour look like to you?
- Brains behind the behaviour
- The Assault Cycle
- The Cycle of challenging behaviour
- Big feelings bucket
- Is it challenging behaviour or communication?
- Is it something to worry about or is it a normal developmental phase?
- Getting Fizzy



Wellbeing in school – Meet Drew...



*Growing together
in God's love*

Activity- Llama Calma






Llama Calma Potion

What would you put into your llama calma potion?
What makes you feel happy and relaxed?





**Llama Calma
Potion**

Write or draw things that help you
feel calm





Lets take a moment...



What does challenging behaviour look like to you?

Challenging Behaviour Feedback

Physical violent behaviour

Tantrums and Meltdowns

Ignoring instructions

Sharing/Siblings

Emotional outburst (upset or angry)

Verbal Aggression



Unhelpful and Challenging Behaviour

Unhelpful behaviours are a symptom of something that's gone wrong for a child- most likely a gap in their skills coupled with unmet physical, sensory and/or emotional needs. **Challenging behaviours are due to a deficit of skill, not will.**

Your children are not naughty, let's not categorise them this way! . They are just expressing their feelings and displaying normal development.

Defining Challenging Behaviour

Challenging behaviour refers to any behaviour that interferes with a child's learning, engagement, and social interactions. It can include physical aggression, disruption, non-compliance, withdrawal, or self-injury. **Challenging behaviour is often a form of communication or a response to an environment or situation that the child finds hard to cope with.**



But is this normal ?

Normal 'behaviours' you could see in a 4-7 year old.

In 4-7 year olds, normal challenging behaviours often stem from developing independence, expressing emotions, and exploring the world, which can present itself as defiance, tantrums, and difficulty with transitions or boundaries.

Defiance and Testing Boundaries:

Refusing to follow instructions or cooperate.
Ignoring requests or pretending not to hear.
Arguing or pushing limits.

Emotional Outbursts and Tantrums:

Frustration, anger, or sadness leading to crying, screaming, or kicking.
Difficulty regulating emotions and expressing them appropriately.

Aggressive Behaviours:

Hitting, kicking, biting, or pushing others.
Destructive behaviours like throwing objects or damaging property.

Attention-Seeking Behaviours:

Using tantrums or other disruptive behaviours to get attention.
Whining or complaining to get their way

Children have feelings too...



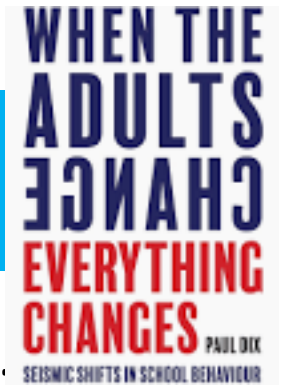
If we stay **calm** and **empathize**, they learn their feelings are normal and we can handle them...

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What is normal ?

Challenging behaviour is a normal expression of feelings and communication.



Challenging Behaviour could look like this ...

Tantrums, Hitting, Shouting, Throwing, Defiance, Being strong willed, refusal.

How are you responding to challenging behaviour? What sanctions are you using at home? What are the consequences for your child?

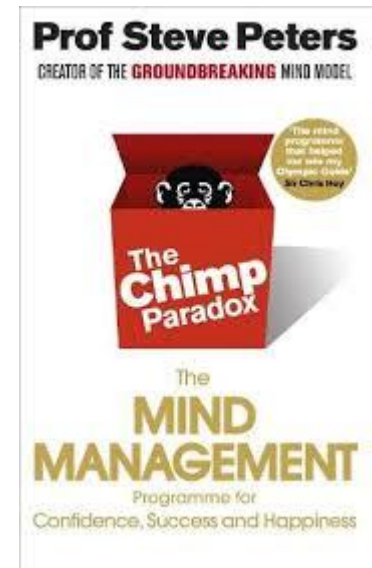
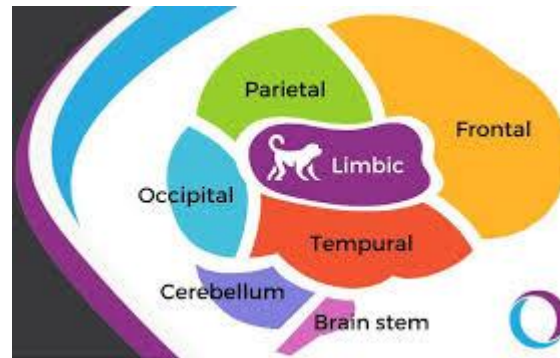
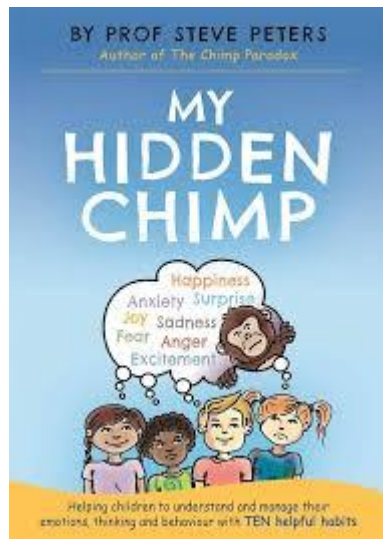
How you respond to your child will impact on the likelihood of these behaviours recurring.



We can see the outside, but what about the inside?



<https://www.youtube.com/watch?v=ksNrtQToJDU>



The Assault Cycle

Escalation and De-escalation

Stage 1: Trigger

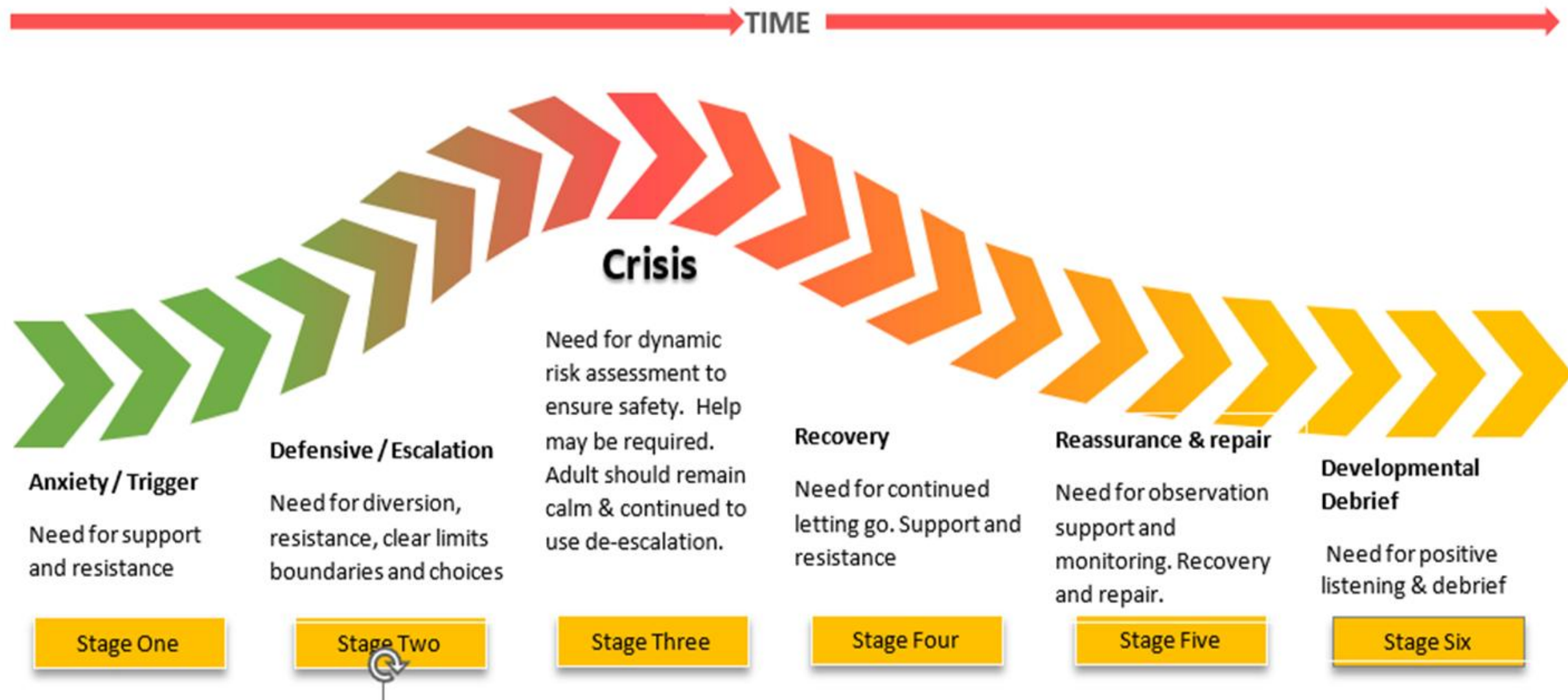
Stage 2: Escalation

Stage 3: Crisis

Stage 4: Recovery



Six Stages of a Crisis

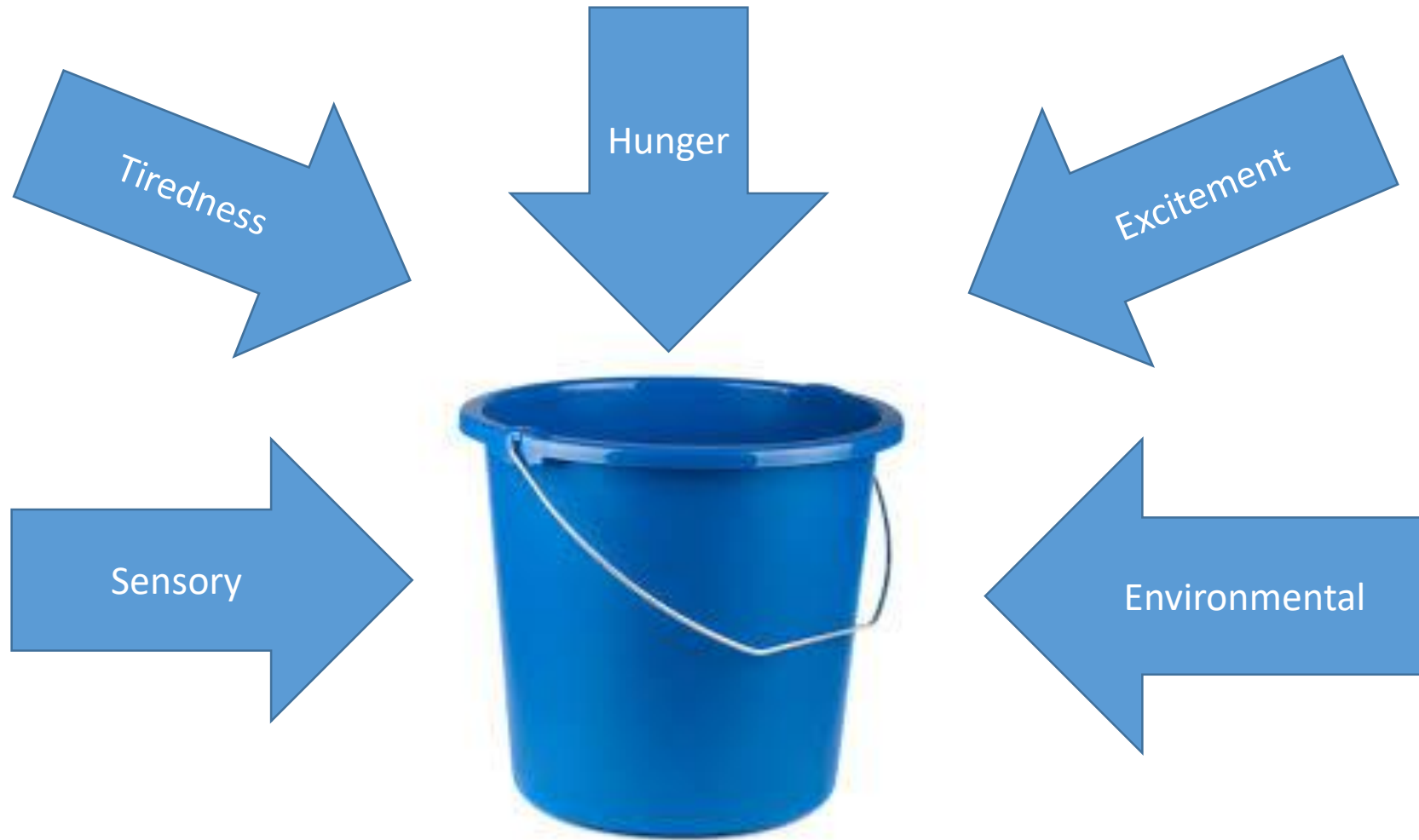


What is behind this behaviour?

- I need connection
- Power Seeking –I need to feel in control as I don't feel safe
- My age! This is what to expect.
- I'm anxious and worried
- Something upset me today – I need to explode
- There was an unexpected change to my routine
- I am heightened- something exciting happened today
- Revenge Seeking – not having their needs met



Big Feelings Bucket



Get to know your child...

- How can I identify this?
- Homework-Observation of a Challenging Behaviour
- Look at the triggers-
 - When is this behaviour occurring?
 - Is it the same time each day or the same part of the week ?
 - Is it a regular behaviour or a 'one off'



Lets get fizzy...

