

EXAMPLES AND TIPS FOR PROVIDING APPROPRIATE BEHAVIOUR GUIDANCE

1 REGULATE YOUR OWN EMOTIONS

It's challenging to co-regulate with children when you are feeling dysregulated yourself. Take time to understand what triggers your emotional responses and work on managing these. It's okay to step back and let someone else take the lead if you're not in the right headspace to help. Return when you're ready to provide the support the child needs.



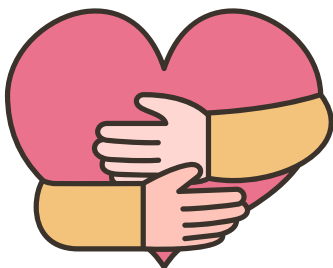
2 UNDERSTAND THE 'WHY'

Instead of focusing solely on the behaviour, try to understand the underlying reasons for it. Avoid labeling children negatively, as behaviour is learned and can be unlearned or redirected. Model the behaviours you want to see—thank children, appreciate their efforts, and apologise when you make mistakes. Children deserve respect and recognition just as much as adults.



3 PROVIDE SUPPORT WHILE COOLING DOWN

It's unrealistic to expect children to manage their emotions on their own. Simply telling them to 'calm down' is not effective—imagine how you'd feel in a stressful situation if someone said that to you. Stay close to the child so that they know you're in that space and ready for them when they're ready. Get to know the child and what they need in those moments.



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4 EMPOWER CHILDREN WITH OPTIONS

Giving children the ability to make decisions fosters independence and supports their growing autonomy. When children feel like they have control over certain aspects of their day, such as choosing between activities, deciding what to wear, or selecting their snack, it reduces feelings of powerlessness and frustration.



5 RECOGNISE NEURODIVERSITY AND DIFFERENT LEARNING STYLES

Keep in mind that certain behaviours might be particularly challenging for neurodivergent children, and some children in your care may be undiagnosed.

6 MOVE AWAY FROM REWARD-BASED SYSTEMS

These can suggest that only children who display 'desirable' behaviours are worthy of recognition. Instead, focus on intrinsic motivation, encouraging all children to feel valued for their unique contributions.



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7 FOCUS ON ROLE MODELLING THE BEHAVIOURS YOU WISH TO SEE

Children learn by watching how behaviours are demonstrated and applied in real-life situations.

8 BE EXPLICIT IN TEACHING ABOUT BEHAVIOUR

Engage in conversations with children about behaviour and its effects on others, helping them understand that their actions can impact the feelings of those around them. This can be achieved through storytelling, role-playing, or using puppets to model real-life situations.



9 SUPPORT CHILDREN IN IDENTIFYING AND NAMING THEIR FEELINGS

Helping children understand and label their emotions is crucial for emotional development. Encourage them to talk about how they feel, and offer the language and tools they need to express themselves effectively. This can reduce frustration and build stronger emotional resilience.

