Helping your child to manage difficult behaviours

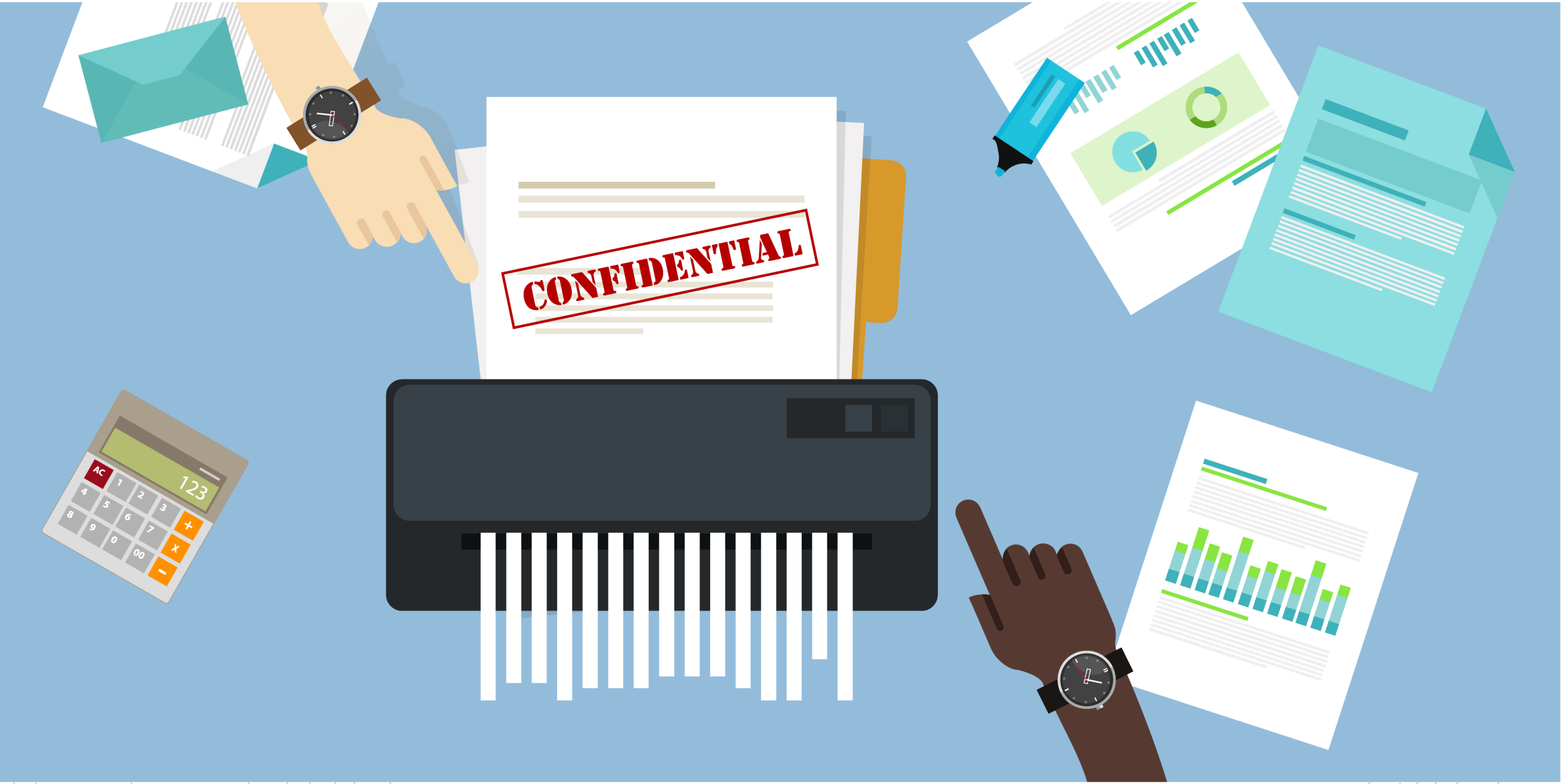
Strategies to help with managing challenging behaviour

Week 5

Who are we?

Amy

Ciara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- Your experience of receiving and setting boundaries/consequences
- Why boundaries and consequences are important
- Family rules
- Natural and logical consequences
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- Emotional regulation strategies
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What are your experiences of consequences / boundaries?

What do you currently do if your child does something unacceptable or doesn’t do as they are told?

Why boundaries and consequences are important

Routines and boundaries help create a sense of safety and security for children

Children tend to be calmer, more relaxed and easier to manage if there is a consistent routine

They help them to know what is happening next and what is expected for them

Children are not innately obedient, and often test out rules and limits by not doing what they are told one third of the time

Family rules

What family rules do you think could be helpful at home?

Tips

- Have 4 or 5 family rules
- Can be helpful and fun to have a family meeting to be worked out together

For example:

- Do talk quietly and politely
- Do have kind hands

Simple

Fair (apply to everyone in the family)

Easy to follow

Positively stated

Enforceable

Natural and logical consequences

An important way to foster decision making, a sense of responsibility and the ability to learn from mistakes is using natural and logical consequences

Natural consequences: whatever would result from a child's action if there were no adult intervention

Key: Don't intervene (unless safety at risk), let them learn through the consequences

- Slept in -> missed the school bus, had to walk to school and was late
- Doesn't want to wear her coat -> get cold
- Jumps in a puddle with trainers -> feet will get wet
- If a child breaks her toy when she is angry -> toy not usable

Logical consequences: designed by caregiver as a response to undesirable behaviour and helps the child make the links between behaviour and it's consequences

If you don't….

- …hold my hand when crossing the road, then we can't go to the park
- …come off the computer, then you will lose computer time later on today
- …eat dinner, then there will be no dessert

Natural consequences

Have you ever noticed yourself intervening to protect one of your children from the consequences of their actions?

Often parents intervene to protect children from the consequences of their actions. However, we as parents also need to support our children to become increasingly independent

A key way they can do this is by learning through their mistakes e.g. if a child doesn't eat her lunch, she will feel hungry later – these are NATURAL consequences

Of course, parents need to protect their children from certain dangers e.g. electricity, traffic, strangers etc!

Logical consequences guide

- Developmentally appropriate
- Ideally link with related activity
- Be sure you can live with the consequences you set up
- Immediate
- Clearly state consequence ahead of time
- Non-punitive / not overly severe
- Involve child whenever possible
- When possible, give a choices/ warning before giving a consequence - “If…. Then…”
- Clear and calm

The Power of Positive Attention

	"OK" CHILD BEHAVIOUR	"NOT OK" CHILD BEHAVIOUR
CARER ATTENTION	**PRAISE** Positive behaviour increases	Negative behaviour increases
NO CARER ATTENTION	Positive behaviour Decreases	**IGNORE** Negative behaviour Decreases

- Positive reinforcement is more effective than negative reinforcement – continue with special time, praise and rewards for positive behaviours

- Rewards are also very effective in establishing new routines, so where there are difficulties around morning and bedtime routines, may be helpful to introduce a reward chart

Selective ignoring

is an **effective form of discipline** to decrease inappropriate attention-seeking behaviours by removing the attention that is given to those behaviours.

- Attention (esp. from parents) is extremely powerful and as much of children's behaviour is maintained by attention – even negative attention.

A major way to decrease a child's unwanted behaviour -> Removing our attention from that particular behaviour **NOT** the child

Often, especially when under pressure many adults can respond to misbehaviour through criticising, shouting and/or further instructions.

Rather than correcting the behaviour this provides attention which will probably result in the behaviour continuing.

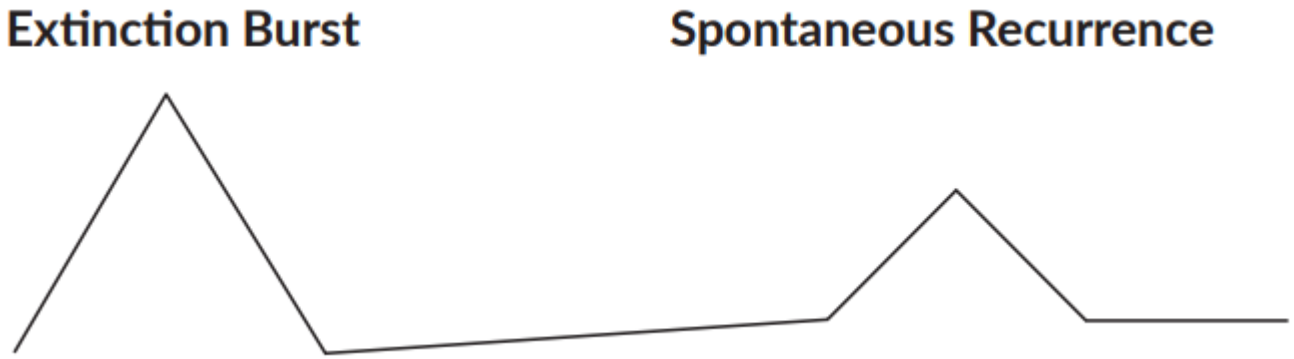
Tips for selective ignoring

- **NOT** for dangerous behaviours
- Everyone at home ignoring the behaviour
- In conjunction with positive attention
- Once decided to ignore a particular behaviour, ignore it every time it occurs
- Self-control: important that you can tolerate ignoring it
- **REMEMBER!** Return your attention once the behaviour to ignore has ceased

<u>Some examples:</u> moaning, complaining, swearing, whining, minor squabbles, messy eating, silly noises, fiddling, backchatting, pulling faces, answering back (being rude, arguing)

The Extinction Burst

It is normal for behaviour to get worse before it gets better as you implement new strategies …

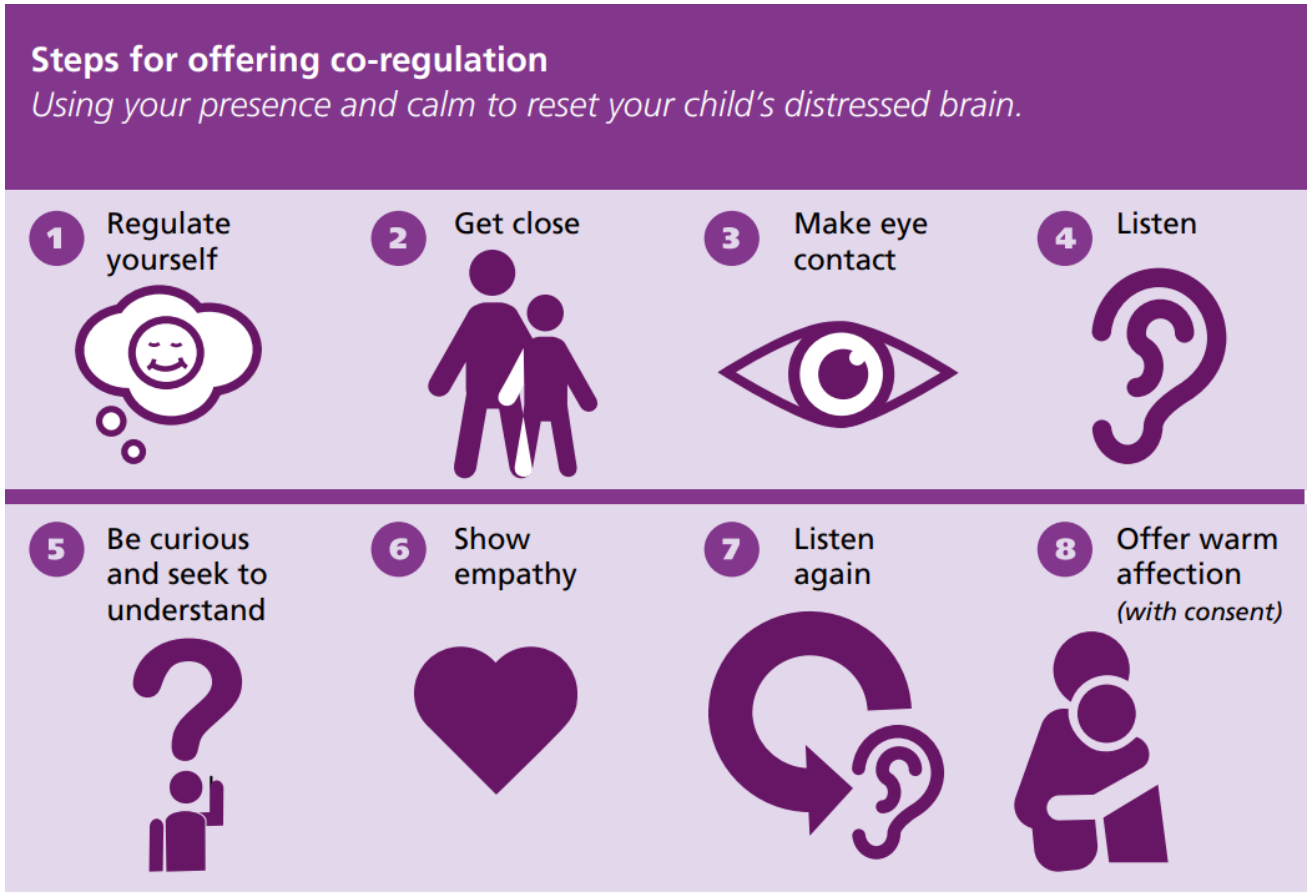


- If a behaviour is not rewarded it will fade away and "extinguish". Behaviour will often get worse before it gets better
- If parents are consistent with strategies, challenging behaviour/s will reduce.
- Once a behaviour is extinguished it may reoccur some time later, as long as the behaviour is not rewarded again (even with negative attention), it will fade away and disappear

Emotional regulation strategies for both you and your child/ren

What strategies have you tried?

Co-regulation



Naming feelings

Helps children understand what is happening for them:

- That must have been disappointing for you!
- Sounds as if you are angry about…
- Wow! You are so excited about going to that party!
- My, you sound angry!
- I would feel….. if…..

Helpful strategies for emotion regulation

Encourage child to practice when calm and to use it when stressed

Breathing strategies:

Box breathing (in for 4, out for 4)

Rollercoaster breathing

Balloon breathing

Grounding

Five senses - 5 see, 4 hear , 3 touch, 2 smell, 1 taste

Questions e.g. *Find 3 things that are yellow/green/blue etc.., Go through the alphabet and name an animal for each letter*

Calming self talk

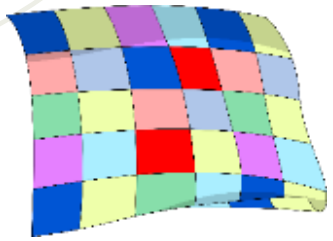
Think with young person about helpful things to say to themselves when feeling overwhelmed.

e.g. *'I can turn things around', 'Remember to breathe', 'This feeling won't last', 'I can get through this'*

Glitter bottle (plastic bottle + water + glycerin/clear glue + food colouring + glitter)

Metaphor of glitter as thoughts/feelings out of control, if we stop take a breath and focus, everything slows down and we can feel calmer and in control again

Building a Calm kit



Small blanket

Fidget toys

Snow globe

Art materials

Skipping rope

Playdough or silly putty

Puzzles

Bubbles

Music

Distraction

Baking

Listening to music – have a “distraction” playlist

Spending time with pets

Watching TV/a funny film/

YouTube clips

Play an instrument

Do something creative e.g. painting, colouring, drawing

Doing something physical e.g. go for a walk, play football, go skateboarding

Play a game with someone

CALM DOWN SPACES

- Different from time out and can be useful before behaviour escalation. E.g. if you notice they are beginning to become agitated, showing signs of frustration, over excited/ stimulated
- A space to calm down and help to soothe them selves (not as a consequence for non-compliance or aggression)
- Make the space cosy with tools and activities they can use such as a soft toy, glitter bottles, stress toys, drawing materials
- Involve the child in planning and discussing what they would find helpful alongside practicing using the space and tools beforehand.

RELAXATION

PROGRESSIVE MUSCLE RELAXATION

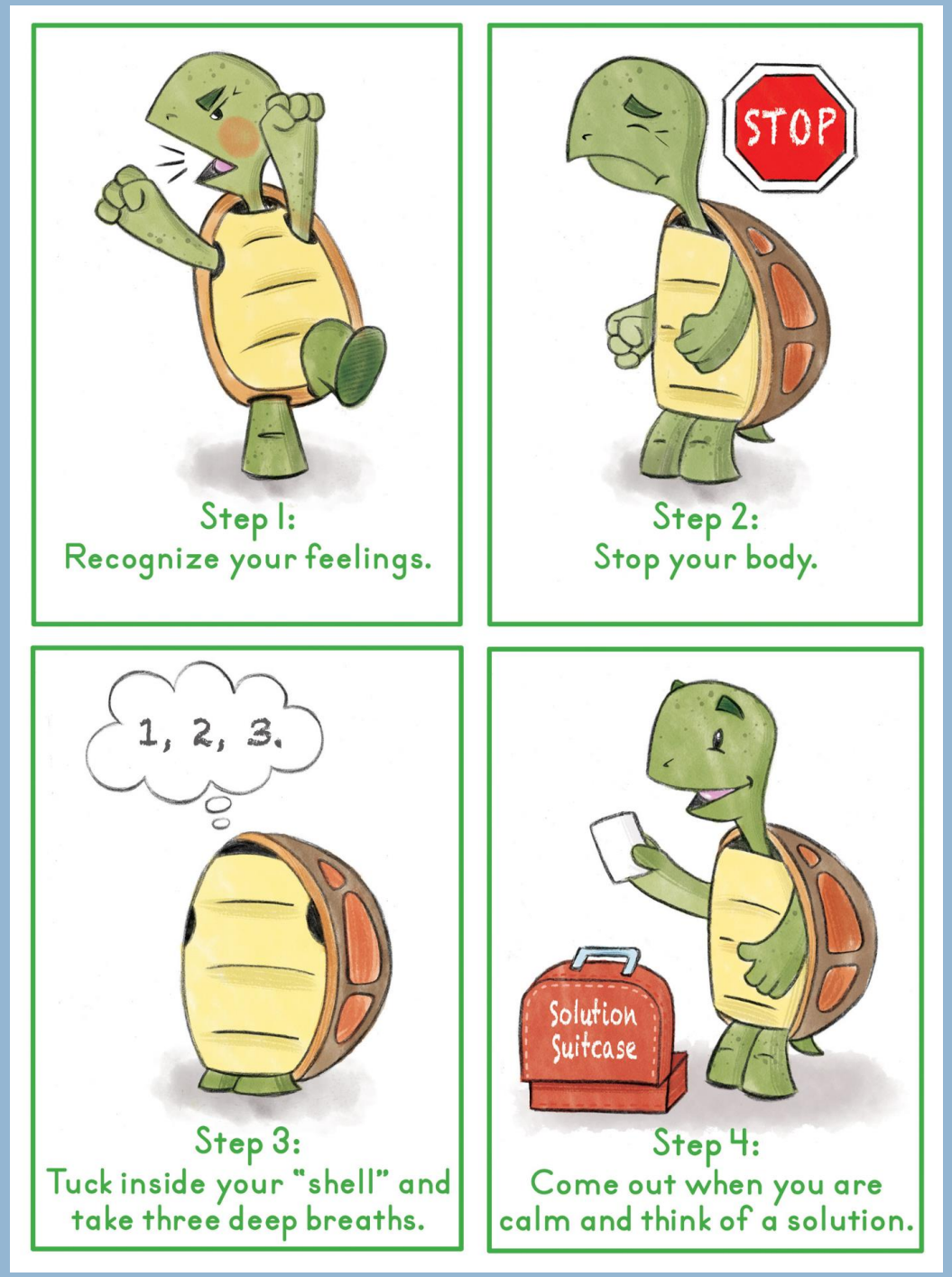
- We're going to squeeze our muscles as tight as we can for 5…4…3…2…1… then RELAX
- We'll work through our body from head to toe

CHAIR PUSH UPS

- Feet flat on the floor.
- Flat palms
- Push you bottom up from the seat of the chair
- Hold for 1…2…3…4…5… then RELAX down

PALM PUSH

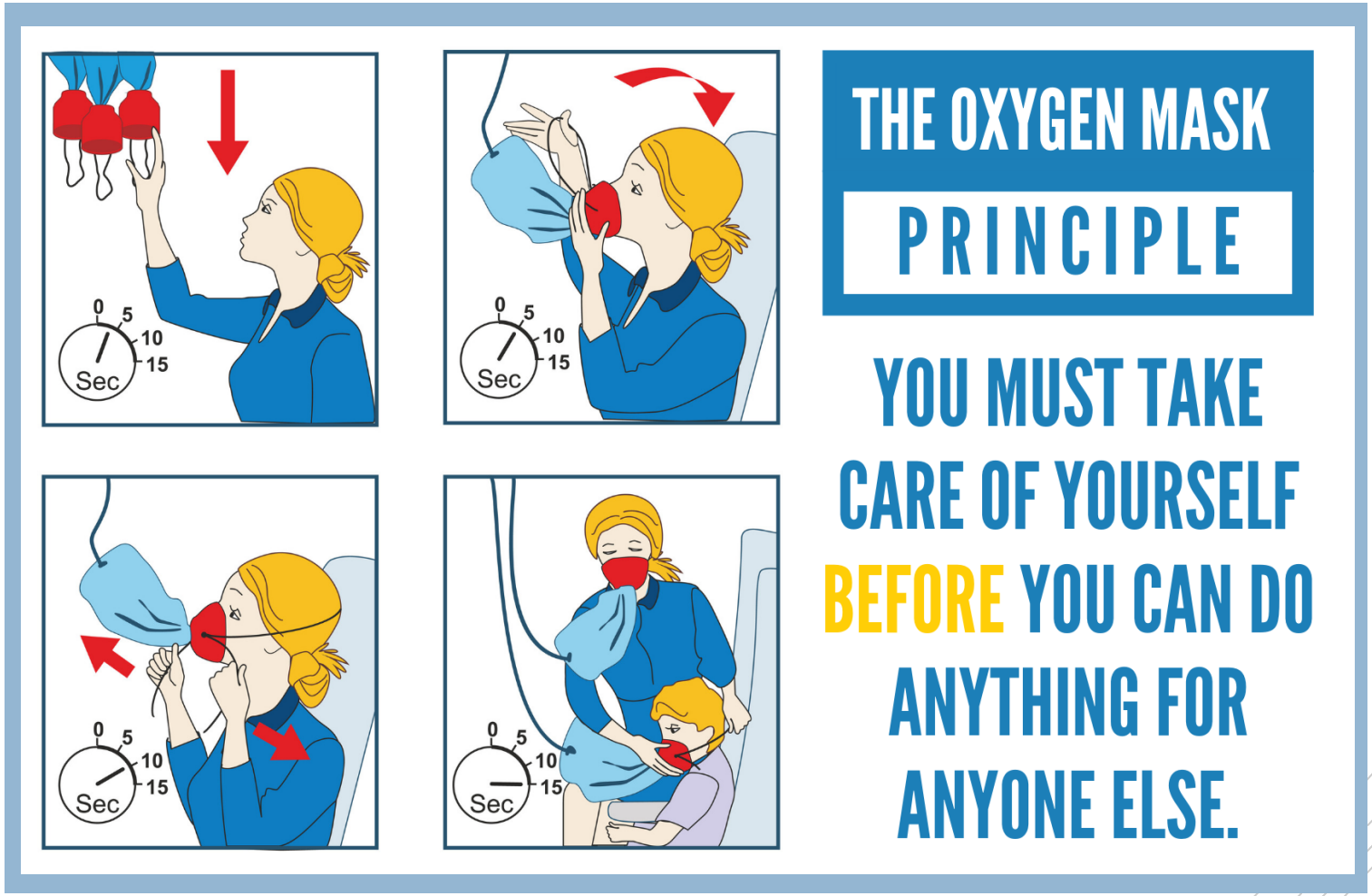
- Face your palms together
- Push them firmly together
- Hold for 10…9…8…7…6… 5…4…3…2…1
- And RELAX

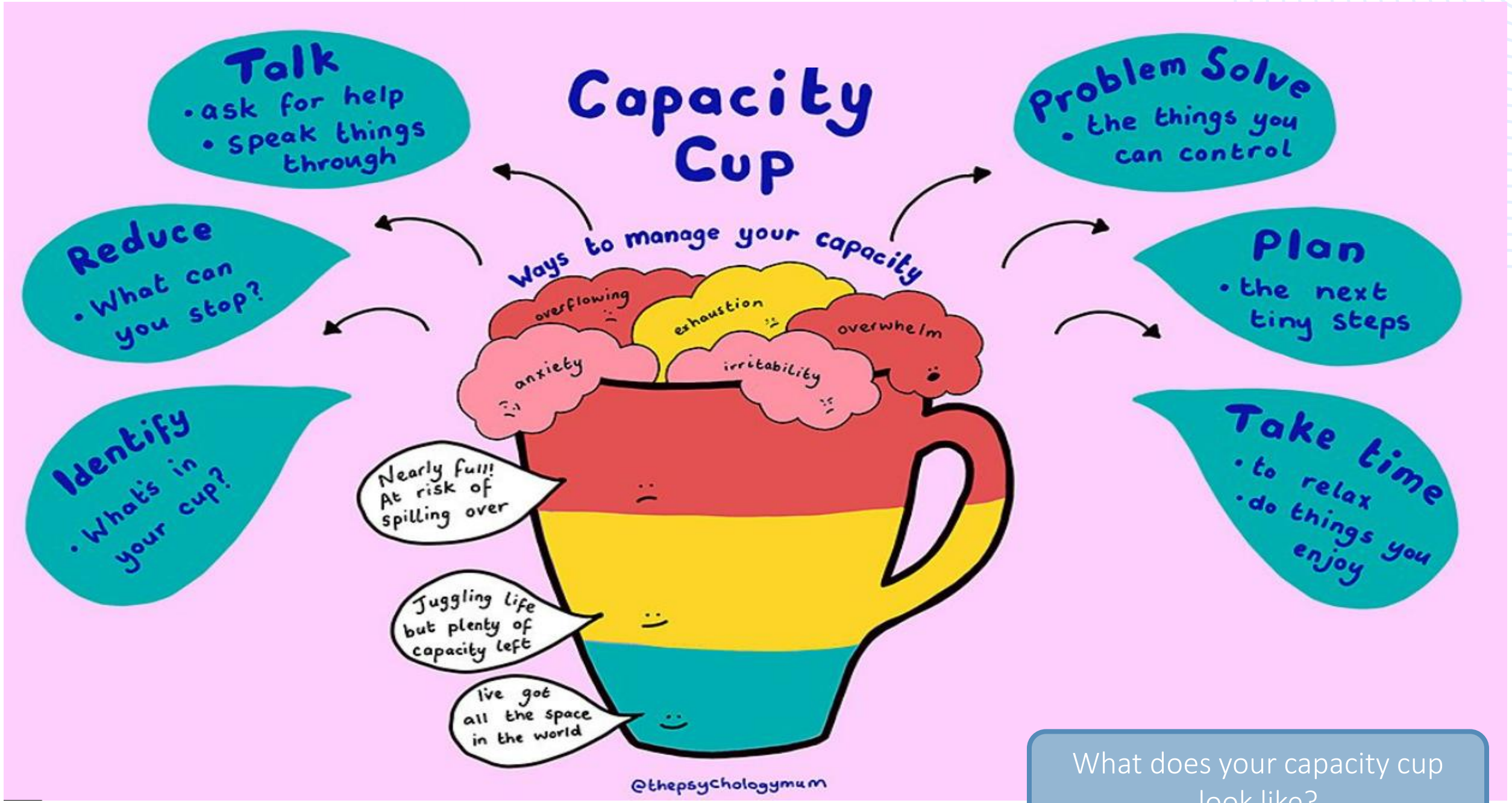


Turtle technique

Parental self care

Why parent self care is important!!





What does your capacity cup look like?

[Mental health tips and coping strategies for parents - BBC Tiny Happy People]

Parental self care

Often, parents neglect their own self-care

Let's think about:

Familial/social support	Hobbies	Time away from home	Care of physical and mental health

Feedback

Thank You!