

5 TIPS FOR FAMILIES

Acknowledging...

behaviour is communication.
What might be happening for our children that they do not have the words for yet?



When we use a playful approach with curiosity acceptance and empathy, we increase our connection with our children.

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Noticing...

our own feelings and levels of stress, can have a positive de-escalating effect for ourselves and our children.

Showing our child

unconditional gestures of love such as doing something together or cooking a favourite meal, reminds them that they are always loved and that we are reaching out with no judgement or blame.

...to support big feelings behind children's challenging behaviour...

