**School Behaviour Team**

**Behaviour Team Lead:**

Pastoral/PHSE Lead

Mrs A Masters

**Deputy Leaders Members**

Assistant Head Teacher/SENCO:

Mrs Joanne McDonagh

Nurture Teacher:

Mrs Barker

Councillor/Family Support Worker: Mrs Tracy Eaborn

KS1:

Mrs S Atkinson

KS2:

Miss L Malpass

Mr W Bowring Lossock

Mrs A Hackley

**Support and Guidance**

St Joseph’s Behaviour Policy

<https://stjosephsworcester.co.uk/parents/policies>

The Challenging Behaviour Foundation

<https://www.challengingbehaviour.org.uk/supporting-you/for-families/family-support-service.html>

Family Lives

<https://www.familylives.org.uk/advice/primary/behaviour/challenging-behaviour/>

**St Joseph’s Catholic Primary School**

**‘Following Jesus in all we do’**



**Supporting Challenging Behaviour**

**at Home**



Many of our pupils find changes to their routines very difficult and we understand the impact and challenges you face being at home, dealing with challenging behaviour.

**Hopefully this leaflet may offer some advice and support.**



**The Most Important Message is:**

 Look after yourself first!

Think about:

* What can I do if … happens?
* Is there someone else to deal with the incident?
* Can you talk to someone about the incident after?
* Can you have thinking time after the incident?
* Plan breaks for yourself and take them even if the situation appears calm.

**Consider the environment of your home.**



The environment of your home may be having an impact on incidents happening.

Try thinking about:

* Is it noisier than usual?
* Is it hotter than usual?
* Are there more people than usual?
* Can I control or reduce the triggers by changing the environment?

Try and work out what the change in behaviour is indicating, so you can have a better chance of meeting their need.

* Do they want positive attention?
* Do they want something tangible like a drink, food or just some space?
* Do they try to avoid doing something? Then offer an alternative.

Try keeping a record of what happened before, during and after the incident. This may help you work out why and when they have happened and ideas of how to make changes to reduce the risk of it happening again.

**Strategies to help prompt positive behaviour**



* Provide Choice where possible
* Praise and reward positive behaviour.
* Keep language simple
* Use positive language
* Distract before behaviour escalates.
* Involve them in everyday life activities. (washing up making a cup of tea, baking)
* Use body gestures
* Set rules and reminded them
* Set regular routines at home
* Allow time for everyone to calm down
* Stay calm during the incident

**Make sure that any new routines are planned and explained in advance**.

