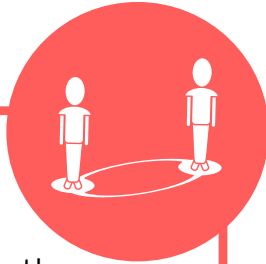


TIPS TO HELP WITH:

Tricky Behaviours & Big Feelings

GIVE SPACE

When a child is trying to manage big feelings, give them some time and space to work through them. Make sure you and others are at a safe distance. Move dangerous objects away from child.



MODEL CALM BEHAVIOUR

Remain quiet and calm. Stay near the child (i.e. sit on floor a few metres away). Take loud deep breaths.



ACKNOWLEDGE THEIR FEELINGS

Help make the child feel heard. For example, say: "it's really hard to share our toys" or if they say "i'm grumpy" you can say "that's a big feeling."



OFFER COMFORT

Once the child has worked through some of their emotions, offer comfort. Give hugs. Read a book together. Tell them you are there for them.



USE POSITIVE LANGUAGE

Try to use positive language throughout the day as much as possible. Instead of "no colouring on the walls" try, "uh oh, that will be hard to clean up, maybe paper is better!"



BUILD A TOOLKIT

Try to find some tools that work to help calm the child before emotions get big. For example: make a quiet corner, get lots of exercise, wear noise-cancelling headphones, hold a weighted stuffy, etc..

