

Helping your child understand their emotions and behaviour

We can behave differently for both extrinsic and intrinsic reasons. Looking for patterns can be like detective work to explore the reasons for anger, withdrawal or an impulsive response.

Ideas to Help:

- ✓ Look for signs of stress build-up and provide encouragement or reduced workload to alleviate pressure and avoid temper outburst.
- ✓ Look for what has happened before the difficulties especially if this is a common occurrence e.g. a difficulty with classwork; playing sport; been in the playground; a specific day.
- ✓ Investigate any inappropriate behaviour by reflecting on why your child is acting so.
 - Is the task too hard or too easy?
 - Is the task too long?
 - Is the work suitably differentiated?
 - Does your child understand what is expected?
 - Has your child understood the instructions or were they too long?
- ✓ Be specific when asking your child to stop a particular behaviour - address your child by name, when they hear, 'stop that', they may not know what behaviour they are to stop.
- ✓ Your child should be informed of exactly why you are not pleased or displeased. Keep praise and disapproval short.
- ✓ Look for and praise pro-social behaviours
- ✓ Encourage a problem-solving approach, so that your child can learn through interaction and can jointly work out what do next time.
- ✓ Conflict situations can rapidly escalate and early intervention can help to defuse this.
- ✓ Encourage your child to notice when he/she needs to take a break or to walk away for a breather (with the agreement of the teacher).
- ✓ Ignore minor inappropriate behaviour, such as low level mumbling, comments and ongoing questioning.

