

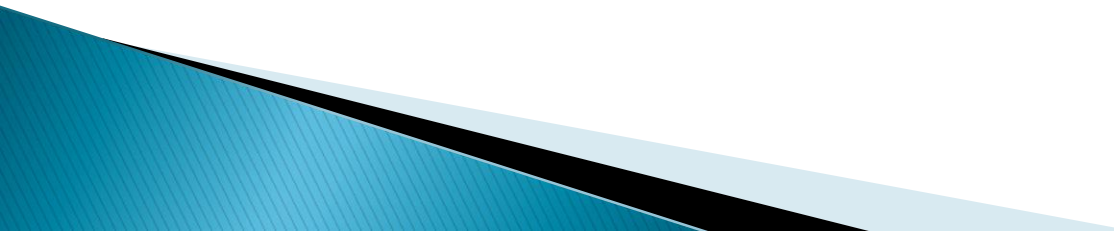
# Behaviour

How can we make calmer children?

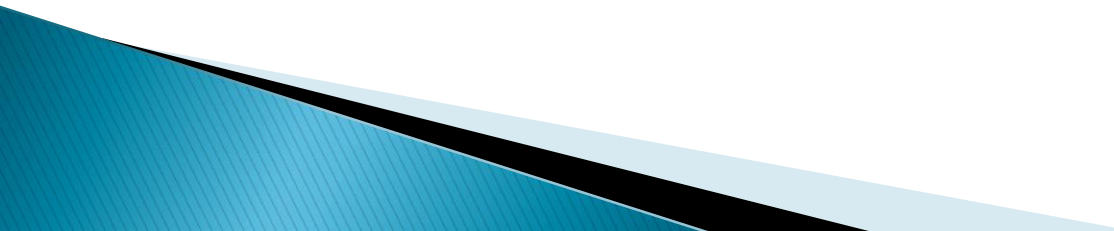
# Magic wand?



# Where does behaviour come from?

- ▶ Not born with this
  - ▶ Learnt behaviour
  - ▶ Emotional response to the way they feel
  - ▶ Anxiety related
  - ▶ Unpick what is behind the behaviour
- 

# What can you double check on?

- ▶ Sleep
  - ▶ Routines (timetables)
  - ▶ Pick your battles
  - ▶ Build self esteem 5 to 1
  - ▶ Food
  - ▶ Time to engage
  - ▶ Minimise white light
  - ▶ Adults are in control
- 

# Places to help

- ▶ Local Offer
  - ▶ Early Help
  - ▶ More tea and chat to share
  - ▶ Parenting workshops
- 