

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
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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
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Places to help

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