

PARENT/CARER HANDOUT:

STRATEGIES TO USE AT HOME FOR ALL CHILDREN:

- Set up a routine for waking up, getting dressed, eating, bedtime, etc.
- During 'meltdowns'/times of heightened emotions, use the Thrive approach (see below).

Thrive approach

Attune: match the child's energy using your body, face and voice "Oh wow! I can see your face is red and your fists are clenched",

Validate: let the child know it is okay to have this feeling "I am wondering/imagining/noticing that you are feeling X. If that happened to me, I would feel that way too.",

Contain: Be alongside as a helpful, supportive adult "I can see this is tricky for you and I will keep you safe. First we will..."

Regulate: Soothe or stimulate the child back to social engagement "Let's breathe together until you feel calmer."

- Burn off energy through physical activities (clubs, swimming, walking, etc).
- Ideally limit the use of technology. Children should access technology no more than half an hour to an hour at night and definitely not just before bedtime.
- Take turns to read together with your child - take a sentence/paragraph/page/character each.
- Buy a deck of cards and introduce them to some simple, fun games you can play together.
- Ask the class teacher about strategies that work well with them in school that you can do at home.
- Avoid negative talk around your child e.g. 'A is always playing up for me, they won't listen to a thing I say...'.
When talking to your child make sure that there are no distractions and that you have their full attention.
- Repeat a simple instruction several times using clear age appropriate language - don't get drawn into a debate or argument.
- When an 'incident' has occurred, address the undesired behaviour, not the child. *E.g. 'You have thrown that toy, throwing is not acceptable. What should you have done?'*
- Make sure you find time to support your child with their learning and interests - most behaviour is communicating a need to be understood. It can show a child wanting to be heard or seeking attention.