



## **ANALYSING BEHAVIOUR**

Below are some helpful questions to pause and ask yourself when supporting a child with behaviours that you as a parent/carer find challenging.

- When and where does the behaviour usually happen?
- Is there a clear trigger or build up before the behaviour begins?
- Could my child be overwhelmed by something sensory in the environment?
- Is my child struggling to tell me what they need or how they feel?
- How can I show my child that I understand and accept their emotions?
- How can I support my child in naming or expressing their emotions in a way that suits them?
- Could this behaviour be communicating something deeper? (for example: I feel anxious, I feel out of control, I am scared, I feel ignored, I am bored, I am in pain, I do not feel safe, I do not know how to tell you what I need).
- Is there anything I am doing that might be making the situation more difficult for my child?
- What strategies or tools can I prepare to help my child when their behaviour happens?
- How can I keep myself calm and cared for when my child is struggling?
- Could my child be in pain or discomfort but unable to explain it?
- How can I add more fun, comfort and connection into their day?
- How can I support my child to make more choices and feel more in control?
- What can I do to build my child's confidence and help them feel good about who they are?