

# 5 TIPS FOR FAMILIES

## Acknowledging...

behaviour is communication.  
What might be happening for our children that they do not have the words for yet or feel unable to say?



## Noticing...

our own feelings and levels of stress, can have a positive de-escalating effect for ourselves and our children.

## Using our natural

support networks can help us to feel less alone by giving us practical and emotional support to have more strength to understand and help our children.

## Talking together when

we are all calm allows us to access our 'thinking brain' which can lead to better communication and understanding between us and our children.

## Coming from a place

of 'not knowing' how they feel, we are showing that we are not assuming or judging what is happening for them.

...to support big feelings behind young people's challenging behaviour...

