

# Behaviour



Children behave in ways that are challenging for their parents / carers for a number of different reasons. It is their way of telling us something is not right. When they are young or do not have the verbal, social or emotional communication skills to tell us what that is, and this means things can escalate very quickly. How we, as adults, respond to this behaviour is the overriding factor as children use us as the benchmark for how to behave. Sometimes, try as we might, we don't know the reason and we don't know how to manage in the midst of a situation and all that is ok.

Below is a link to The Challenging Behaviour website that have video clips, information leaflets with step-by-step guides on how to manage behaviour for children of all needs and all ages. To make a behaviour change takes time and consistently there is no quick fix, but the advice below can help to give you back the control if you feel like you struggling. There is also a link to the NHS site for advice for younger children.

<https://www.challengingbehaviour.org.uk/information/information-sheets-and-dvds/positive-behaviour-support.html>

<https://www.nhs.uk/conditions/pregnancy-and-baby/dealing-with-difficult-behaviour/>

<https://www.nhs.uk/conditions/stress-anxiety-depression/dealing-with-angry-child/>

<https://youngminds.org.uk/>

Some behaviour that we see might be related to sensory difficulties as well. As a parent there are a lot of activities you can do that are play based and wont adversely affect your child. Below are links that give activity ideas and advice that may help your child in certain situations. If you continue to struggle with any of the above, go to your GP or your consultant.

<https://hes-extraordinary.com/category/sensory-activities>

Below is a video that is about an hour long created by an occupational therapist with experience in sensory integration therapy. In the video she gives some really good ideas about what you can try with your child at home. Remember things don't happen overnight and it might be that your child needs time to get used to new pieces of equipment or techniques. One of the best ways to get a child interested in

something is to have a go yourself!! This is the most effective way children feel safe to try new things when their closest adults show them that it's fun and safe.

<https://www.youtube.com/watch?v=IC0LumVDkt4>

Play is often the best way to help children to manage their emotions and also helps with distraction. Playing at a level younger than they are can also provide some stability and safety when they are most distressed. Below is a link to advise on toys that might be helpful and how to use different toys with different children.

<https://www.nhs.uk/conditions/social-care-and-support-guide/caring-for-children-and-young-people/accessible-toys-play-and-learning/>

ThinkNinja is designed for children and young people (10-18 years old) to help educate about mental health and emotional wellbeing. ThinkNinja also helps children and young people learn and develop a range of skills for when they are experiencing daily life stresses or who maybe feeling anxious. ThinkNinja was created by child **mental health** psychologist experts with help from young people to make sure the content, skills and how we talk about mental health and mood are just right and fun to use. You can download the app from the following link:

<https://apps.apple.com/gb/app/thinkninja/id1425884328>