


# Sutter Park Curriculum Night 2018: Behavior

Behavior Based Meltdown	Both May Look Like...	Sensory Based Behaviors
<p>Driven by a want or goal.</p> <p>Child checks to make sure they have your attention.</p> <p>Child acts this way in front of an audience.</p> <p>Once the child gets what they want, the behavior abruptly ends.</p> <p>No Autonomic Nervous System signs.</p> <p>When child achieves their goal, normal activity returns within 5 minutes.</p>	<p>Kicking Screaming Shouting Stomping Swearing Biting Throwing Hitting Crying Laying on the Floor Tensing Up Lashing Out</p> 	<p>Driven by a reaction to being overwhelmed by something.</p> <p>There is no goal or want.</p> <p>Child does not care if anyone is paying attention to the behavior.</p> <p>Behavior will continue without an audience.</p> <p>The behavior will cease once the child has calmed/been calmed down and has regained control.</p> <p>Autonomic Nervous System signs (out of child's control): red ears, sweating, flatulence, dilated pupils.</p> <p>Will take 45 to 60 minutes to return to normal activity.</p>

## Behavior is Coming:

- Consistently have clear rules and expectations.
- Encourage child to express wants/needs, emotions and feelings with words.
- Distract/Redirect child's attention.
- Use FEW and SIMPLE commands.
- Ask child to repeat directions given at their level.
- Be flexible and pick your battles.
- Give child choices if possible. Do not give them a choice if necessary.
- Know when to be firm and when to change the game plan.

"When *little people* are overwhelmed by *big emotions*, it's our job to share our calm, not join their chaos."

-L.R. KNOST

The Gottman Institute

## Behavior in Progress:

- Remain calm. Try to model calm and controlled behavior.
- Limit verbal directions and repeat as needed. Speak in a calm and "unaffected" tone.
- Use first/then, when/then statements and be clear with the expectations.
- If it is sensory based; try removing the child from the overwhelming situation to a calm, quiet space. Provide sensory supports as needed.
- If it is behavior based; try ignoring them until the tantrum is over. Show as little effect to you as possible.

## After Behavior:

- Once everyone is calm, take time to talk about the situation and plan ahead for next time.
- Talk about feelings! Share how you felt, discuss how your child felt, and encourage them to talk about their feelings/emotions rather than having a meltdown.
- Finally, congratulate yourself for getting through your child's tantrum while remaining calm!





<b>Brain Break &amp; Calming Strategies for You and Your Child</b>		
Strategic Breathing	Calm/Slow Movements (Yoga)	Upbeat/Fast Movements (Dancing)
Read a Book	Grounding (Find 3 red things, Find 2 items that start with B)	Skywriting with Finger
Draw or Color a Picture	Sing/Listen to Short Song	Recite Mantra, Phrase
Go for a Walk	Count up or down	Touch Body Parts (Head, Shoulders, Knees and Toes)
<i>Be creative. Be personal to you and your child. Be prepared with some ideas.</i>		

### ***5 Steps to Avoid the Power Struggle:***

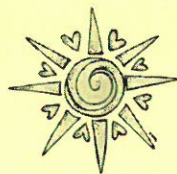
1. Say what you mean.
2. Mean what you say.
3. Know what you CAN control.
4. Know what you CAN'T control.
5. Follow Through!

### **SOMETHING TO THINK ABOUT**

Thinking of your child as behaving badly disposes you to think of punishment.

Thinking of your child as struggling to handle something difficult encourages you to help them through their distress.

-unknown



## **Important Reminders**

**Ignore what you DON'T want to see and recognize what you DO want to see.**

**ANY Attention is Energy to behavior!**

**Sometimes, it does not matter HOW they do it, just that they DO it.**

**It's NOT personal. It is about their goal or need.**

**Ask for help! You don't have to take it on alone. Look to your partner, child's teacher, child's doctor, and other support people.**