

# Abbey Road Parents'

## Top 10 Tips for coping with 'Challenging Behaviour'

You know the things like; the anger outbursts, the resistance over healthier habits, the bedtime delaying tactics, sibling squabbles and competing for attention, the getting out anywhere on time rush and endless negotiations over meals and screen time.

1. Start with yourself, recognise where you are at- What do you need? Are you being triggered? Are you gearing up for a battle? Do you feel disrespected? Are you on high alert and stressed? Is your reaction proportionate to the event? Are you pre-empting a difficulty before it's occurred- (therefore it's more likely to happen...'see I told you so') How can you look after you, so you can be the parent you'd like to be?
2. Support your child to understand their emotions and what happens physically. In high emotional states our brains disconnect, your children aren't doing this on purpose, it's a part of being human- they are our superpowers. It's not their fault or your fault at withdrawing or flipping our lids'
3. Be a detective and curious- Notice patterns of triggers, when or where is it most likely to happen?  
Is your child also... tired, hungry, experiencing sensory overwhelm. Has a sensitive personality?
4. Label your own feelings and explain your strategies to 'calm down', 'deal with sadness or disappointment' I'm finding this difficult today because...so, I'm going to... I hate seeing how upset you are, your words hurt me because...
5. Be considerate of how much things can matter to your child- that may seem insignificant to you. Validate their feelings. I'm glad you are sharing this... I can see this is important to you... I notice you seem frustrated and that's normal... why do you feel like this?

6. In the heat of the moment- It's okay to walk away or displace their attention and choose the best time to discuss and repair relationships. We'll talk about this when we've all had chance to calm down and think about what we want to say... (remember not every child will need still and quiet or time alone to be calm, they may need to find an energy outlet or be supported to regulate and engage in a different activity)
7. Be a team, give your child ownership and responsibility, problem solve together. Ask- how are we going to make mornings or bedtime smoother, cos it's no fun for anyone? What can I do? How can you help?
8. Give your time and attention, seek out those moments to connect. Shared activities, talking during wind down or car ride moments-showing interest in their world. They'll teach you and give you a lot if you listen.
9. Use positive language and match their energy. Shifting from "we're going to be late!" to "let's see if we can be on time and beat the time by a minute today" I can see you are tired and, on a go slow today, so if I help with Y and you do X, can we make it out in 5 or 6 mins?"
10. Give yourself permission to not get it right EVERY time. Mistakes will always be made. You are human too! Simply aim to connect before correcting that mistake."

Connect with us - Abbey Road Parent/Caregiver's Together

We can share hints and tips and the latest strategies and advice out there. Some of us may meet informally to chat and problem solve together- all welcome.

Please contact Alison Lovett to be added to our parent's support Whatsapp group/ Email.

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