

SUPPORTING CHILD MENTAL HEALTH

Responding to behaviour



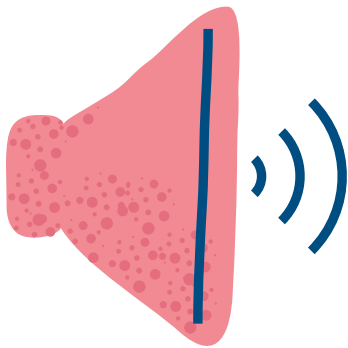
How we respond to behaviour
helps to wire the emotional brain.



It's much better to wait a few moments when we're feeling irritated and angry before we respond to an upset or angry child.



Our non-verbal communication is read by children, so paying attention to our facial expression and posture in addition to our tone of voice is critical when teaching the behaviours we want to see.



Acknowledgment and validation
helps to restore balance and calm to
a heated situation.



"I want to understand"



"I am here for you, I
can't let you hit, let's
move somewhere you
feel safer"



"I can see this is
difficult, I want to
help"



"How can I help you?"



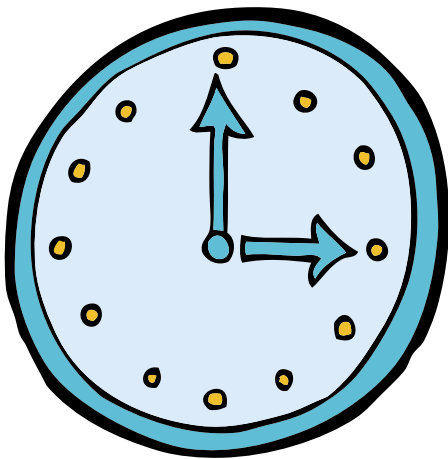
Adding shame, blame and guilt onto a child experiencing big and powerful emotions only ever makes the situation worse.



It's not okay to hit a child because of their behaviour. We need to model the responses we wish to see from them.



It can take between 20 minutes and 2 hours for adrenaline and cortisol to leave the body of a child who has experienced BIG emotions.



Restorative conversations and implementation of boundaries happen when things feel calmer and the child feels emotionally safe.



It takes a lot of repetition from loving, consistent, safe adults to wire the emotional brain.



Ask what support YOU need to be the parent you want to be; you can't co-regulate if you feel dysregulated.



Find us...

Free resources and support information leaflets for both children and adults available on our website, both full of useful links to other resources and organisations.



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