

Understanding Your Child's Behaviour: A Norfolk Steps Approach - Primary Years

- Why is a child or young person behaving in a certain way?
- Why are they trying to break things?
- Why are they trying to hurt another child or adult for no apparent reason?

Our Offer:

- Sometimes it is very hard to understand why a child or young person is suddenly having a temper tantrum. Some of the things young people do seem to have no relation to what is going on around them. Parents may be exhausted or feel helpless trying to cope with the behaviour.

Session 1:

- What do we mean by behaviour?
- Flight, Fight, Freeze.
- Recognising 'Triggers.'
- Thinking about 'Before, During and After' an event.



Session 2:

- Early ideas to calm situations and keep the situation manageable for parents and children.
- Supporting children to communicate how they feel.
- Supporting children to self-regulate.
- Using reward/recognition systems.
- Restorative/repair work.

All sessions will be 60-90 minutes. We advise that parents attend both sessions to gain the most out of the programme.