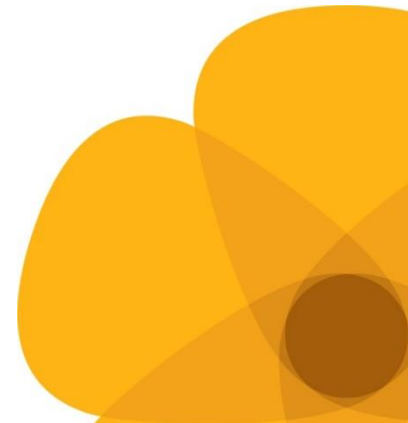


# De-escalation for Parents

- Keppel Centre
- Primary Behaviour Service.
- *Nikki Shergold Children's Wellbeing Service  
Parent Support Advisor Winchester and Eastleigh*

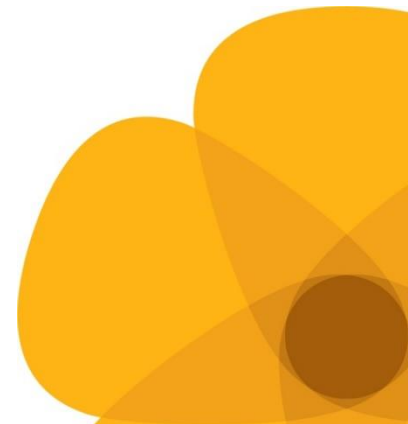


# Learning Outcomes

To understand that all behaviour is communication.

To have a better understanding of the assault cycle

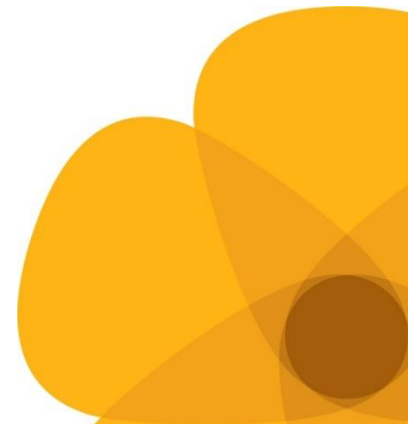
To learn different techniques to support our children



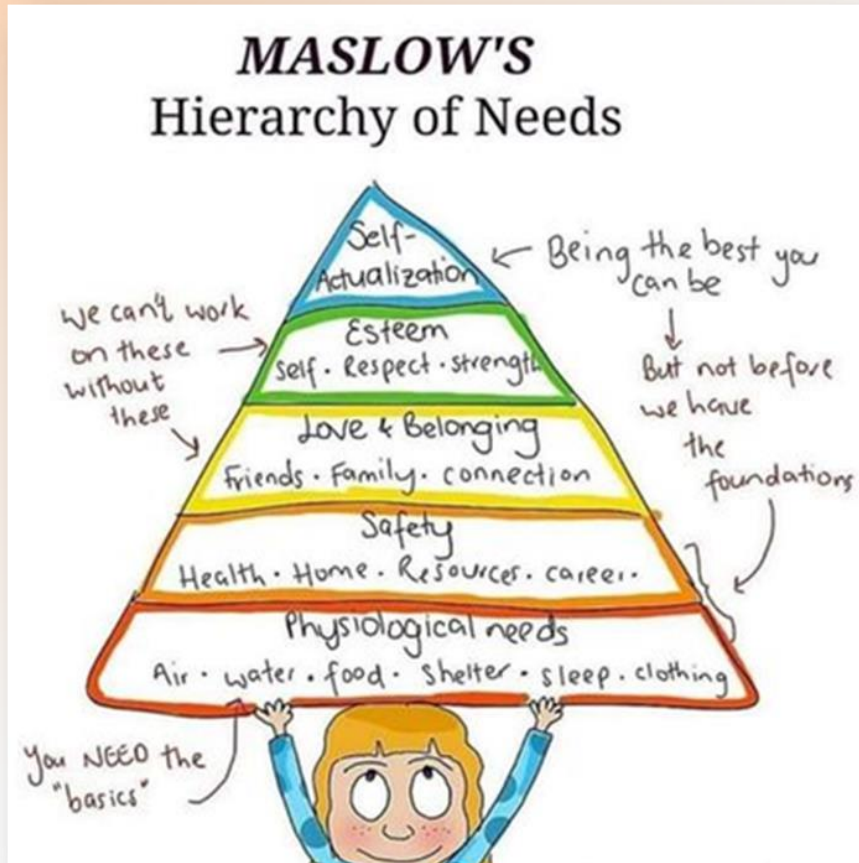
# Housekeeping

If you do need to keep your phone on, please have it on silent.

Confidentiality. Please be mindful of what we discuss in this room.



# What are Boundaries?

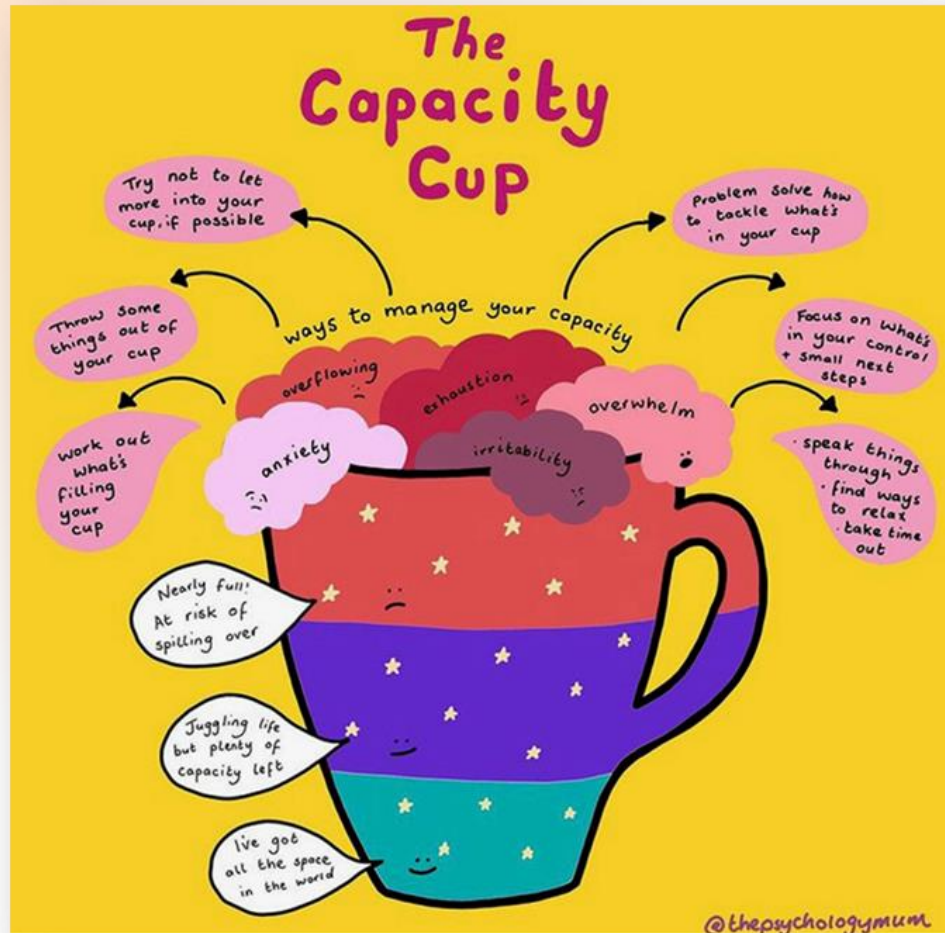


- Children need to feel safe (physically and emotionally). These are the building blocks!
- Children need adults to be in control for them to feel safe. (children's brains are not developed enough). This reduces their need to control.
- Children need to know that an adult can meet their needs, and the child can trust the adult to do so.

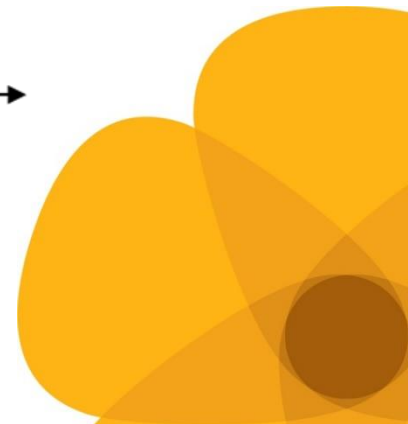
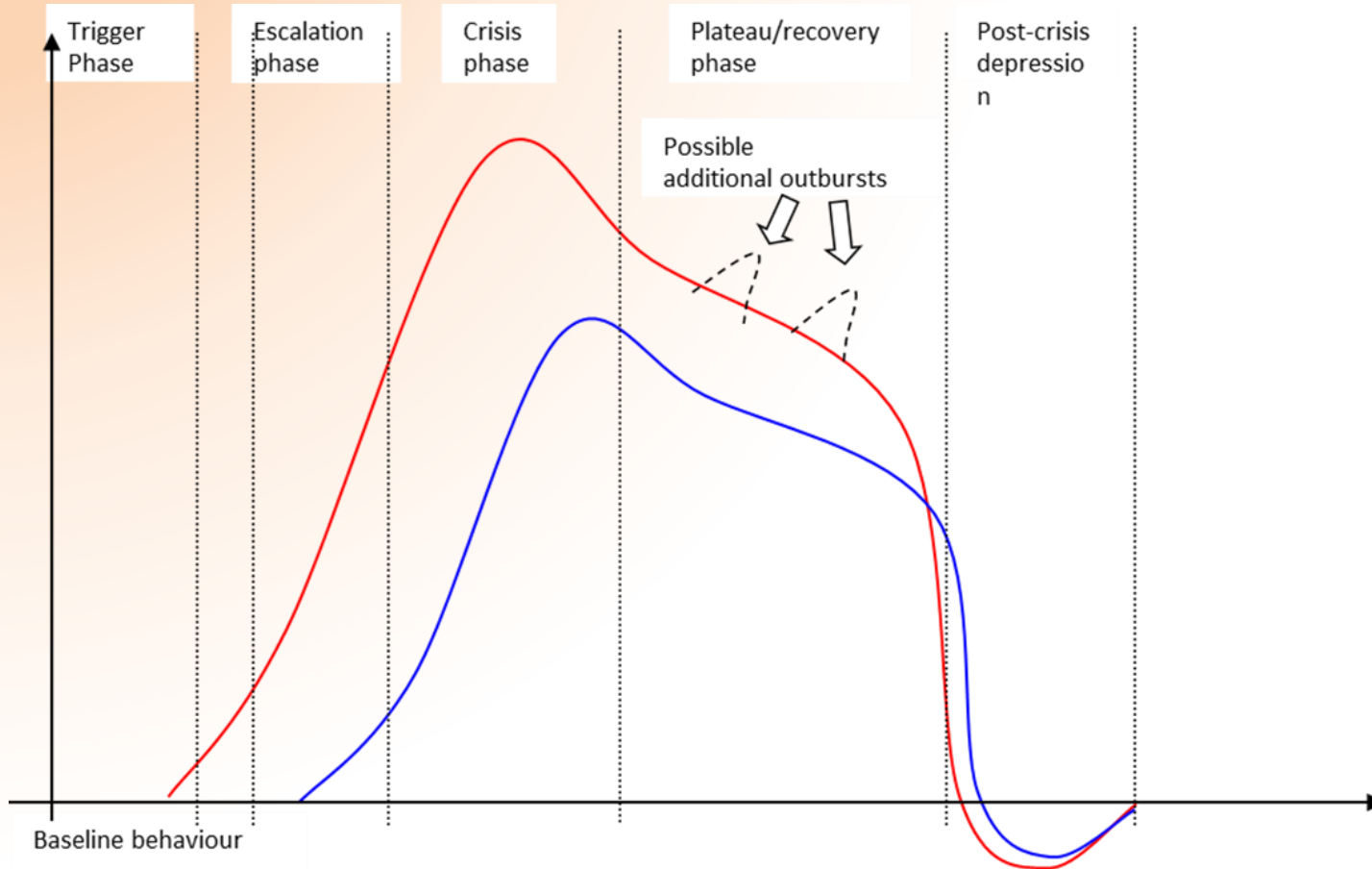
# What behaviours do you see at home?



# The Capacity Cup



# The Assault Cycle

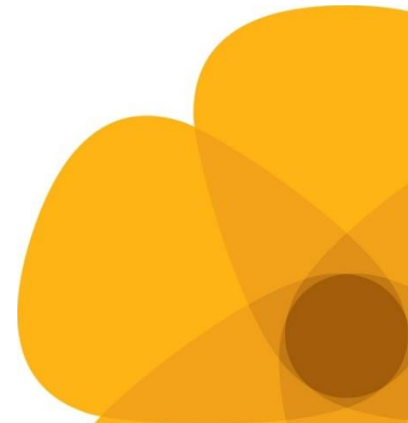


# Flipping Your Lid!

## ***The Hand Model of the Brain***

Adapted and presented by Emotion Coaching UK

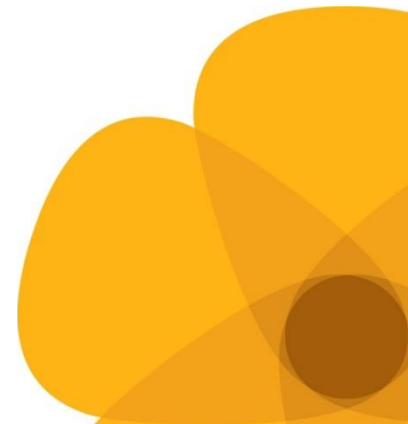
[The Hand Model of the Brain - YouTube](#)



# Connection Needing



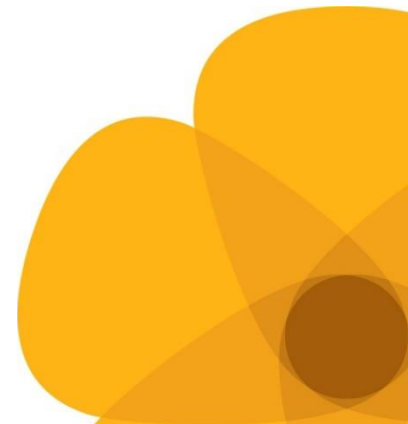
Child needs attention and they do not care whether it is positive or negative.



# Power Seeking

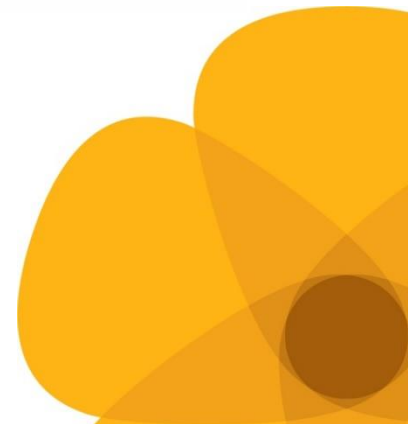


Child does not feel safe/in control and needs to take back control.



# Revenge Seeking

Your child starts hitting out and seeking revenge for not having their needs met.



# Escape by Withdrawal



Child feels unable to cope and withdraws from contact.



# Pay attention to the behaviours that you want to see more of...

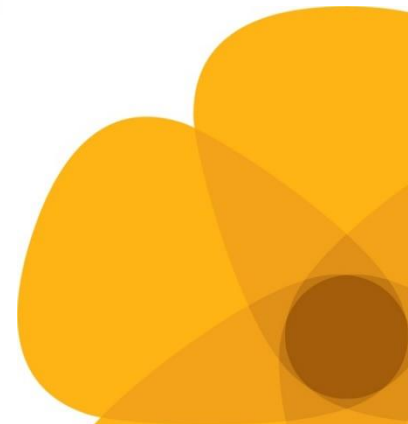
- Praise the small things!
- Aim for 5 positives to every negative.
- Praise effort, not just achievement.



# Active Listening



Inside Out Sadness comforts Bing Bong - YouTube



# Distraction and Diversion

## Take them out of their emotional brain into their rational thinking brain.

- Labelling the feeling and asking, “what can I do to help?” is a good way of being supportive while also putting your child in control, a lot of frustration can come from not feeling in control.
- Counting and sorting jobs: this affects parts of the brain that release melatonin, the calming/sleep hormone, this is why people may count sheep or why we may find ourselves sorting the cupboards when we have jobs to do that we are avoiding! “Could you do a little job for me? I need the pencils sorted into colour groups please” This also helps your child’s self-esteem as they are being helpful. Button jars beads.
- Games related to sorting , counting and stacking: this is good when children are particularly heightened as it gets them counting but also releases the physical energy, they may feel from adrenalin running around their body.
- Use their favourite things ask them to tell you about ... their favourite film, sport, character.
- Pillow Fight!! Again, good for children who are particularly heightened or being physically aggressive, you could then move to a counting/catching situation as they begin to relax as they have to focus.

# Clear Rules and Routines

- When the world is unpredictable and confusing there is a lot of uncertainty which can lead to anxiety.
- Many children have a need to control activity and interaction around them. To help deal with this insecurity and anxiety, we have to decrease the uncertainty in their lives.
- Boundaries keep children safe.
- Be consistent and calm.

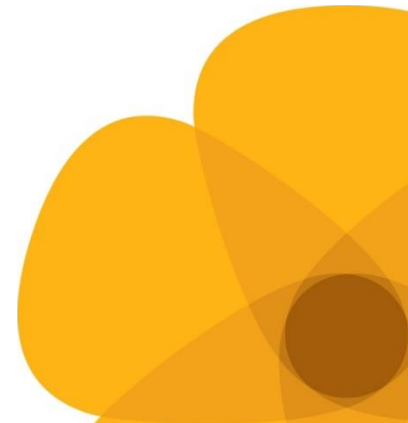
*Build structure into your daily routine.  
The more structured and predictable the daily routine is, the less uncertainty there is for the child.*



# I'm not your friend, kid! (Because I love you)



<https://www.youtube.com/watch?v=M4OKjNB7KM>  
o



# The Benefit of Rules

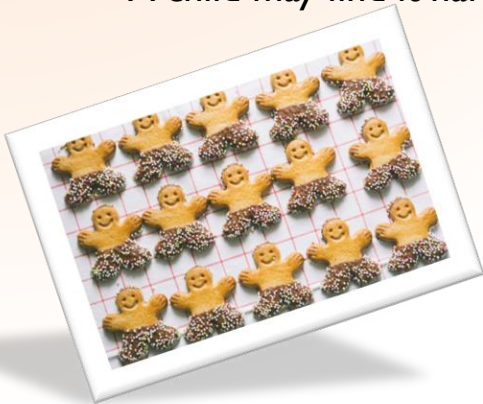
Rules help you to:

- Maintain a calm environment.
- Be active leaders in your home rather than reactive. This is because rules are pre-set, they force you to decide what is important to you.
- Provide structure for your family, which helps your children feel safe and cared for.
- Instil in your children some of the long-term traits you would like them to have such as being:
  - Independent;
  - Responsible;
  - Respectful of self and others;
  - Loving and caring;
  - Appreciative and grateful;
  - Empathic and generous;
  - Able to solve problems.
- Pass on your values to your children. The things you make rules about, indicate what you feel is important.
- Let children know what you expect and, thereby enables them eventually to monitor their own behaviour.

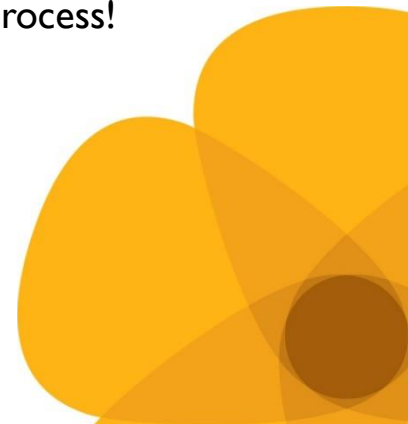


# Consistency

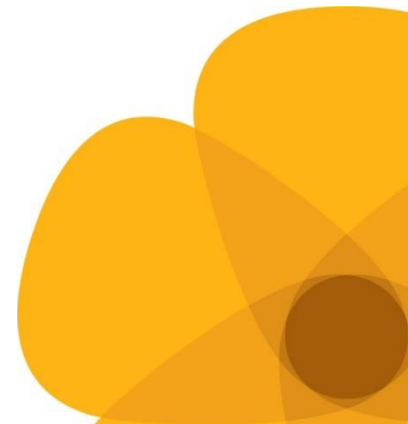
- Consistency is about predictability.
- For a child it brings a sense of order and expectation which can reduce anxiety and can train the brain.
- A child may find it hard to develop trust and comply with a parent who is inconsistent.



- Following through with the same boundaries can be difficult, however with consistency and perseverance it is possible.
- Be kind to yourself and your children – it's a learning process!

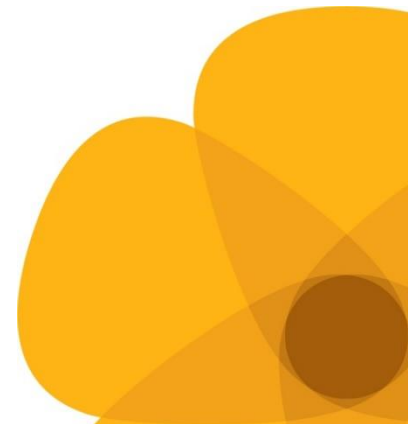


# Have Fun!!



# Top Tips!!

- Be consistent: say what you mean and stick to it
- Make the consequence fit the crime
- Empathise, but keep boundaries in place
- Never say 'no', use 'when and then' instead
- Don't say don't, say what you do want.
- Calm and controlled voice
- Notice and praise
- Thank you, not please



# Helpful books

