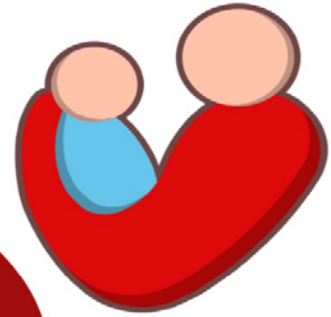


re attachment

see the child
not the behaviour

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MANAGING TRANSITIONS

Big emotions running through their system that they can't tell you about,

What they feel FEAR - ANXIETY - ANGER

What you see DEFIANCE - AGGRESSION - DISASSOCIATION

big words to accompany big emotions, 5 ways to help manage transitions

Tell a story that helps them VISUALISE the aspects of the day that you anticipate will cause anxiety. ALWAYS end the story with them coming home to YOU.

Tell them it's ok to SCARED (name the emotion) you will help them manage. Use visual to help then put words to emotions,,,,,INSIDE OUT CHARACTERS

Take their picture with your mobile and TELL let them see that you are always keeping them in mind

Put your perfume/aftershave on the sleeve of their jumper and tell them when they miss you to smell and remember you LOVE them.

Identify a non-verbal s that they can use when feeling overwhelmed,

Remember none of this is personal, even when they pushing your buttons to the limit they are terrified and DEPEND on YOU to help them manage.