

SUPPORT THAT HURTS



SUPPORT THAT HELPS

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SUPPORT THAT HURTS

Scolding children without asking why



Punishing children for being upset



Saying "calm down" when they cannot



Ignoring noise, light or sensory overload



Pushing for good behaviour during distress



Expecting children to cope when they are overwhelmed



SUPPORT THAT HELPS

Asking what is behind the behaviour



Helping children calm before expecting anything



Lowering demands when emotions are high



Making the environment quieter and safer



Teaching skills later, not in the moment



Responding with care instead of control



Children behave better when they feel safe and understood.

Support helps. Punishment adds stress.

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