

WHAT A CHILD NEEDS BEFORE THEIR BEHAVIOUR CAN CHANGE

Behaviour does not change because a child is told to behave better. It changes when the right conditions are in place.



SAFETY
The child must feel physically and emotionally safe. Fear blocks learning and self-control.



CONNECTION
A child needs a calm, available adult. Connection comes before correction.



FELT UNDERSTANDING
The child needs to feel understood, not judged. Behaviour often improves when a child feels seen.



SUPPORT WITH REGULATION
Children cannot calm down on command. They need adult support to regulate before behaviour can change.



PREDICTABILITY
Clear routines and consistent responses reduce anxiety and support better behaviour over time.



DEVELOPMENTALLY REALISTIC EXPECTATIONS
Children can only do what their brain development allows. Expecting skills they do not yet have leads to repeated failure.

THIS DOES NOT MEAN

- ✗ Ignoring behaviour
- ✗ Removing boundaries
- ✗ Letting children do whatever they want

IT MEANS

- ✓ Teaching skills when a child is calm and supported
- ✓ Not when they are overwhelmed

♥ IMPORTANT TO REMEMBER ♥

You cannot punish a child into emotional safety.
You cannot reward a child into nervous system regulation.
Behaviour changes when adults change the environment around the child.

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