

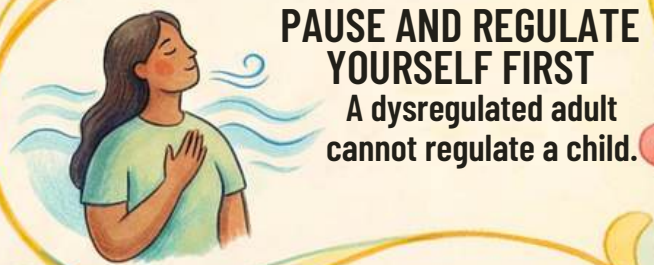
WHEN ADULTS FEEL TRIGGERED BY A CHILD'S BEHAVIOUR

A child's behaviour can activate an adult's own stress response. When this happens, behaviour support breaks down.

COMMON ADULT REACTIONS UNDER STRESS



WHAT HELPS INSTEAD



IMPORTANT TO REMEMBER

Children borrow regulation from adults. If adults are overwhelmed, children will be too. Supporting behaviour starts with supporting the adult.



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