

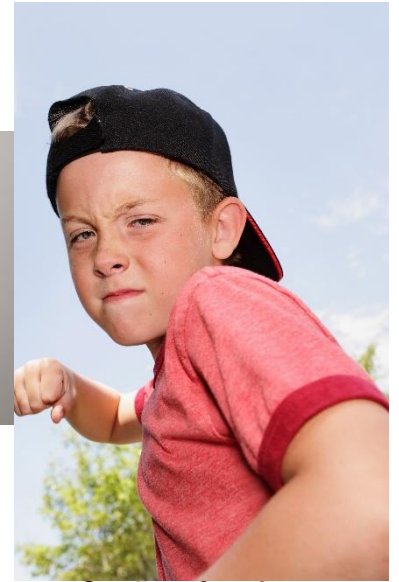
WAMHS; MANAGING DIFFICULT BEHAVIOUR

Emma Sinclair

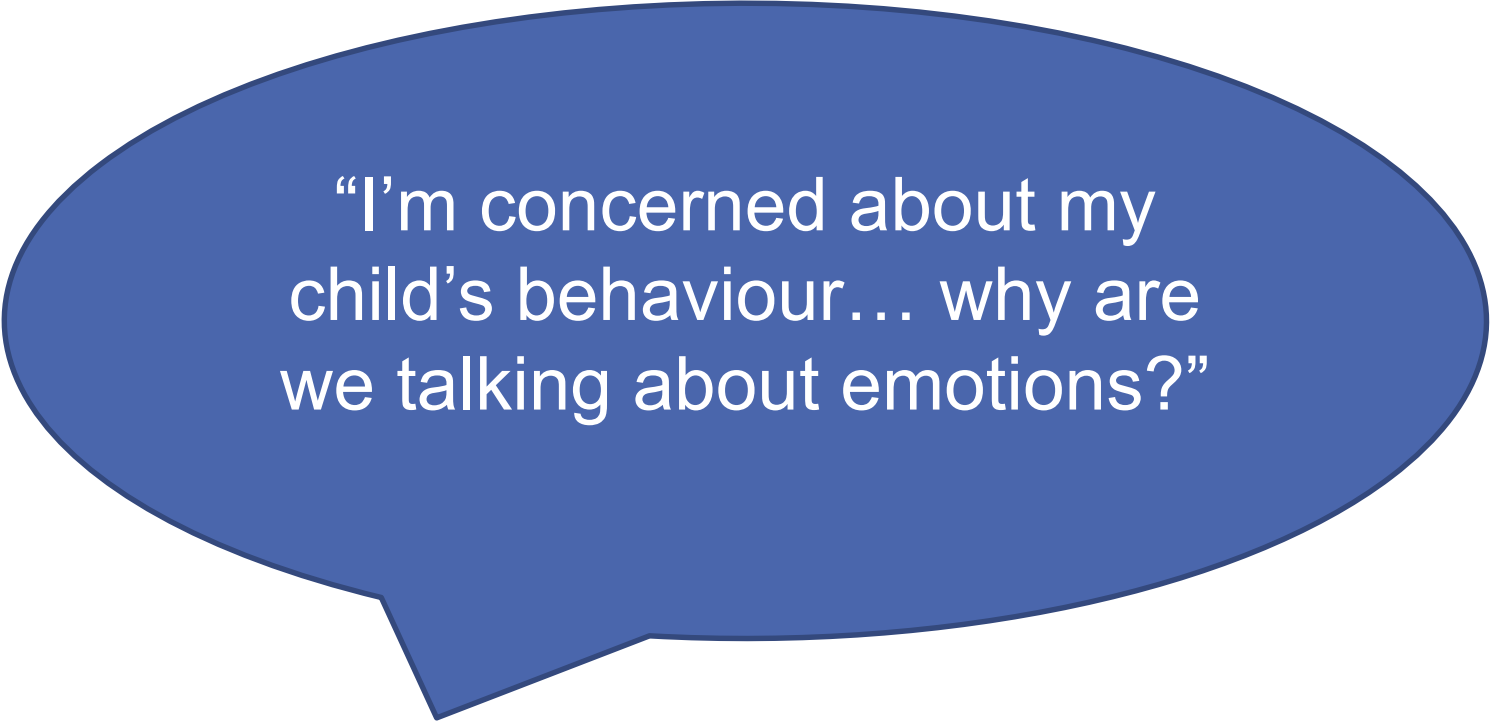
WAMHS worker at St Matthias



What kind of behaviour do you find most challenging?



First of all... Emotions



“I’m concerned about my child’s behaviour... why are we talking about emotions?”

What We See

Aggressive behaviour

Fighting

Biting

Kicking

Screaming

Hitting

Throwing

I need a break

I'm tired

I need love

I want that toy

I'm overwhelmed

You aren't understanding me

I need to connect with you and this works

I need to release my emotions and this is the way I know how

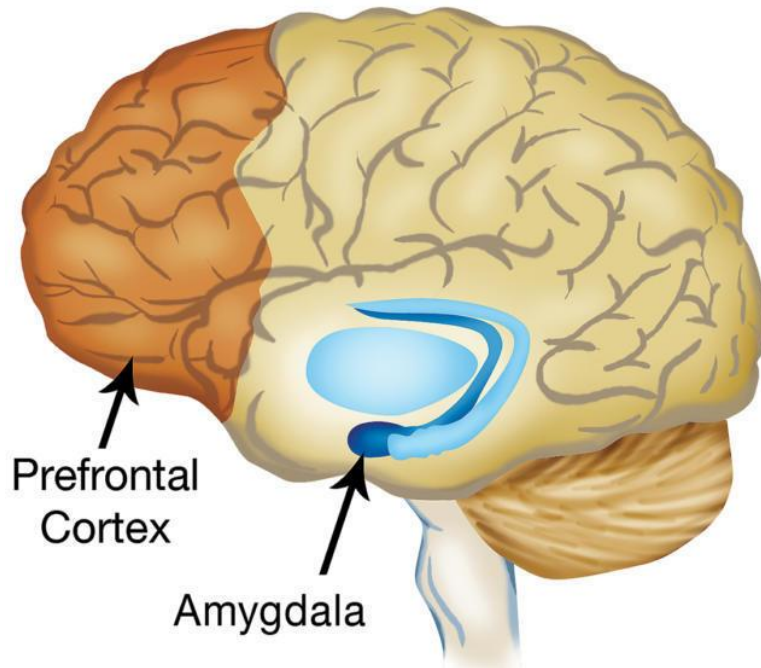
I'm not bad, I'm communicating

I'm hungry

What We Don't See

@ourmamavillage

Brain development and Emotions



Brain development and Emotions

© Sharon Selby 2016



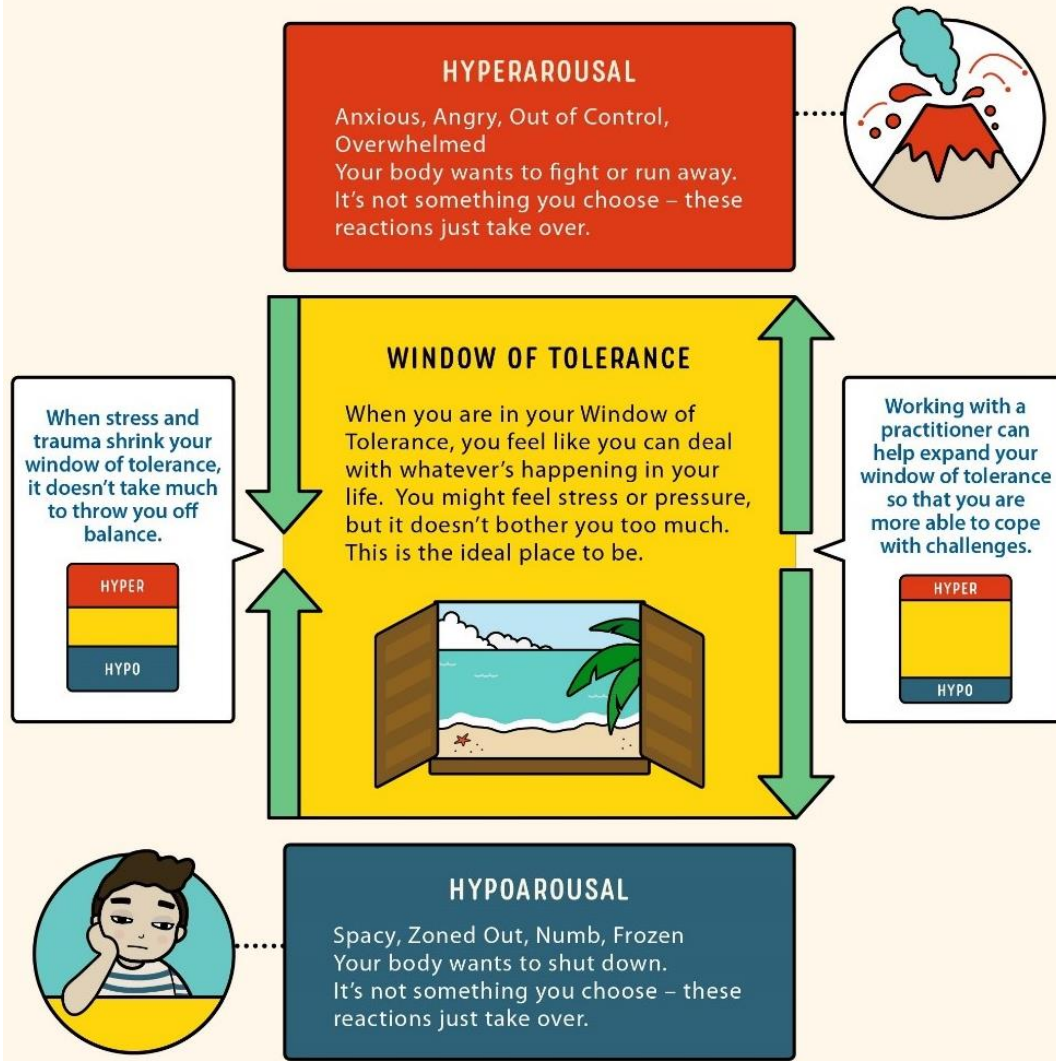
→ Prefrontal cortex
P.F.C.
"THE WISE LEADER"



← "Flipped Your Lid"

← The big emotions, anger, fear,
anxiety etc...
The AMYGDALA - The alarm center
Acts on instinct
fight, flight or freeze

Window Of Tolerance



nicabm

What can we do?

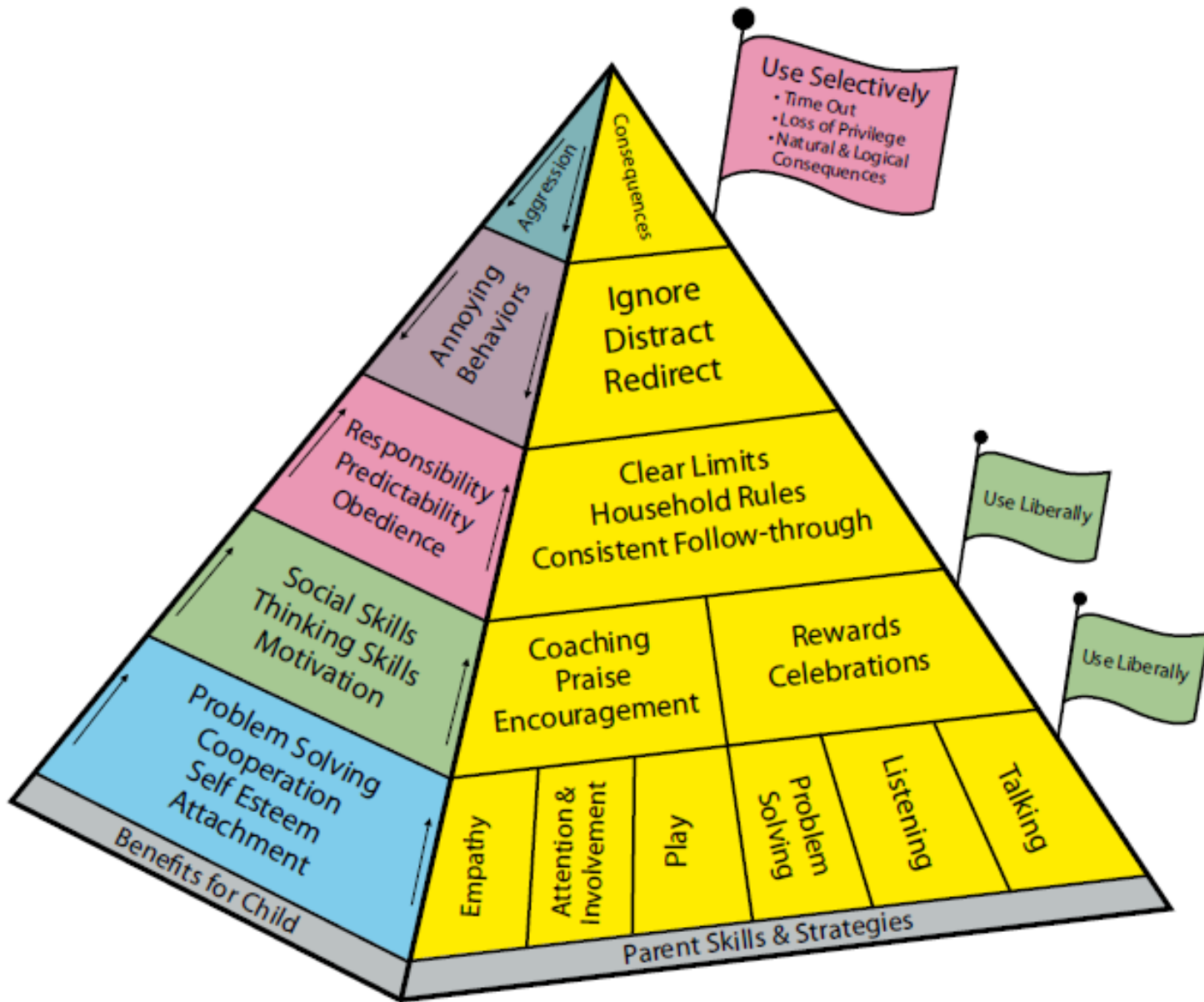


Our response



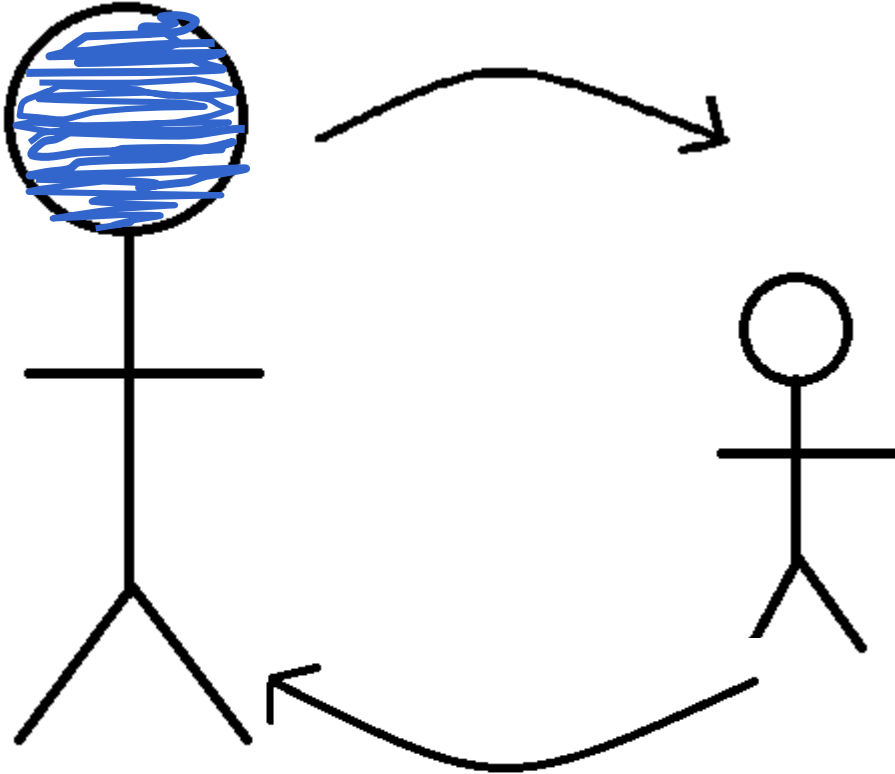
- Behaviour which challenges can elicit difficult feelings as parents
- How can we engage our thinking brain rather than respond with our emotional brain?



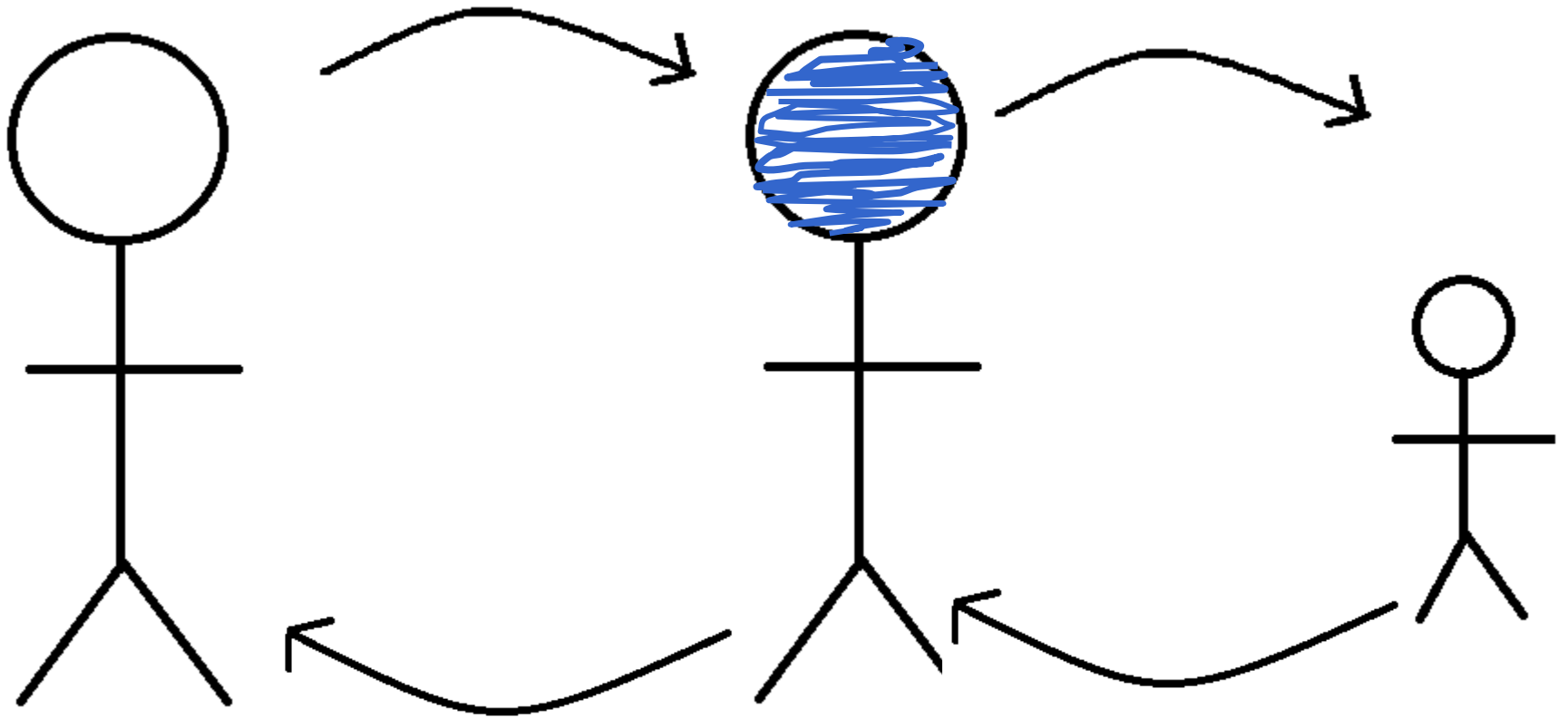


Parenting Pyramid™

Containment:



Emotional Regulation



Self-care

- How do we manage this to avoid becoming full up?
- What do you do to look after yourself?



THANK YOU!

Any questions?

