# WAMHS; MANAGING DIFFICULT BEHAVIOUR

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WAMHS worker at St Matthias







What kind of behaviour do you find most









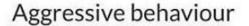




### First of all... Emotions

"I'm concerned about my child's behaviour... why are we talking about emotions?"

### What We See



Fighting Kicking

Hitting

Biting

Screaming

Throwing

I need a break

I need love

I'm overwhelmed

I need to connect with you and this works

I'm not bad, I'm communicating

I'm tired

I want that toy

You aren't understanding me

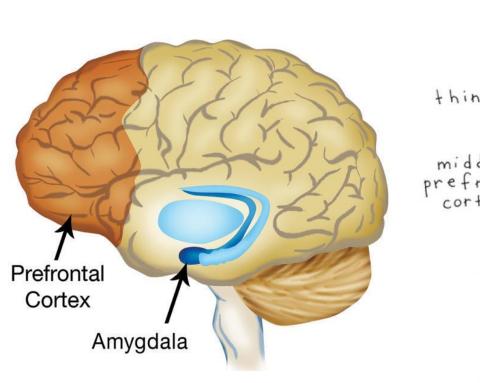
I need to release my emotions and this is the way I know how

I'm hungry

What We Don't See

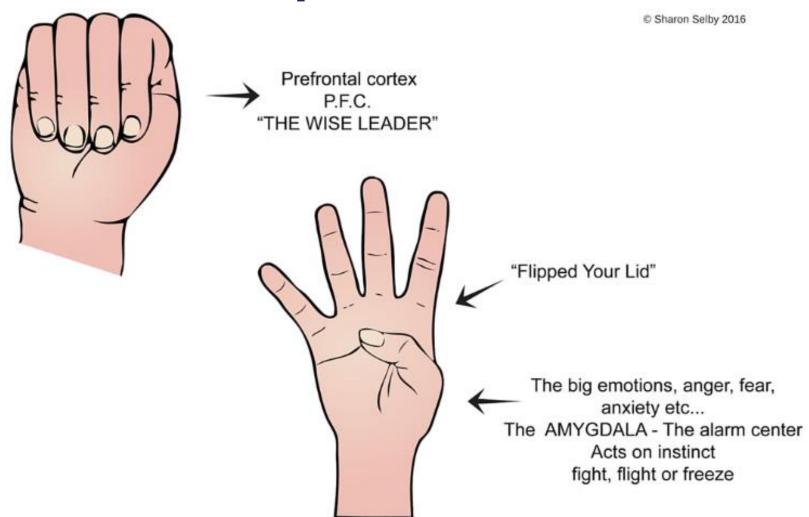
@ourmamavillage

## **Brain development and Emotions**





### **Brain development and Emotions**



### Window Of Tolerance

#### **HYPERAROUSAL**

Anxious, Angry, Out of Control, Overwhelmed Your body wants to fight or run away. It's not something you choose – these reactions just take over.



#### WINDOW OF TOLERANCE

When stress and trauma shrink your window of tolerance, it doesn't take much to throw you off balance.

HYPER

When you are in your Window of Tolerance, you feel like you can deal with whatever's happening in your life. You might feel stress or pressure, but it doesn't bother you too much. This is the ideal place to be.



Working with a practitioner can help expand your window of tolerance so that you are more able to cope with challenges.





#### **HYPOAROUSAL**

Spacy, Zoned Out, Numb, Frozen Your body wants to shut down. It's not something you choose – these reactions just take over.

### nicabm

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### What can we do?

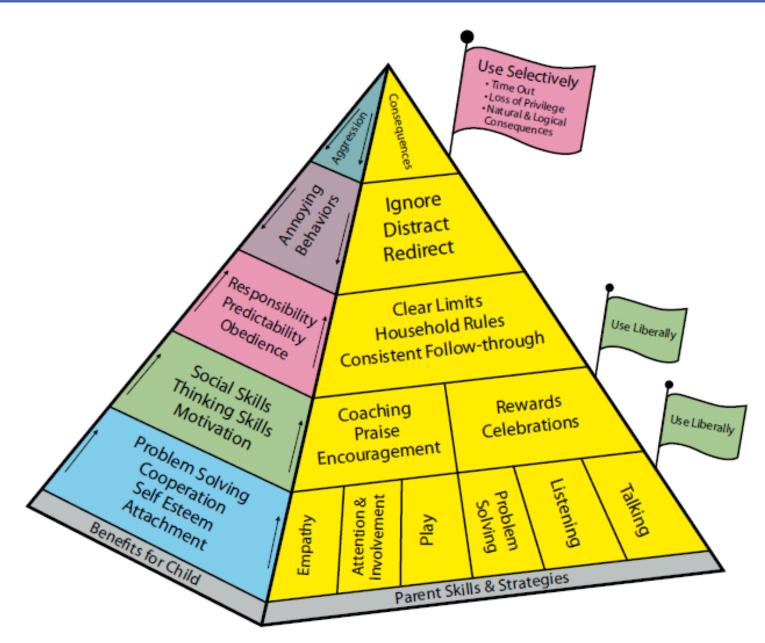


### Our response



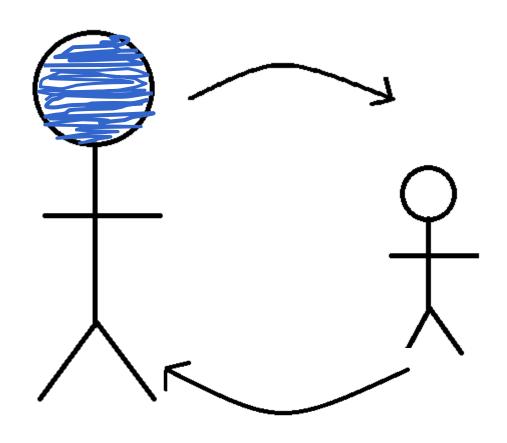


- Behaviour which challenges can elicit difficult feelings as parents
- How can we engage our thinking brain rather than respond with our emotional brain?

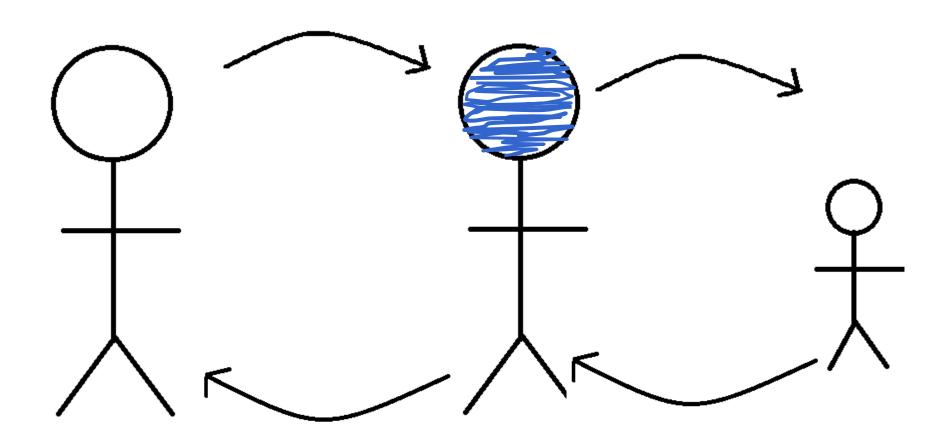


Parenting Pyramid ™

### **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?

