

Some top tips if you are experiencing difficulties

All behaviour is communicating 'something'. It is our job as parents and carers to play 'detective' and attempt to understand our child's needs.

Seeing your child struggle is emotionally draining. It is important to look after ourselves. We will be better positioned to help our children if we attend to our own well-being. We are not machines; be kind to yourself!

Have faith in your ability to make the changes required. If you want things to stay the same, keep doing what you are doing. If you want things to be different you have to consciously choose to believe that it is possible.

Consistency is important. You may feel like you have 'tried everything'. Go back to the drawing board and then work on one small step at a time.

Setting clear boundaries and expectations is comforting to children. Resistant though they might seem, firm boundaries actually offer lots of reassurance to children. Children will often 'push' to see if the adults will actually do as they say...they are testing your trustworthiness; giving in sets you up to be perceived by them as unreliable.

Ask for help and advice. Knowledge is power and two heads are better than one. Tackling a challenge on your own can be isolating and detrimental to yours and your child's well-being in the long run.

Collaboration and communication are key! Talking is a powerful tool, but talking to yourself can be fruitless! Talk with your child, your family, your friends, the class staff or anyone in your support network, find out their perspective on the issue. Ideas about things to try are born from first talking through the problem. Work out what each individual can contribute to the solution. Children are often very good at coming up with suggestions.

Be kind to yourself. Encountering challenging times with our children can lead us to feel inadequate. Giving yourself a hard time is not productive. Acknowledging that you are finding something hard is the first step. Asking for and accepting help is the next! Lots of people require help and support at different times. No issue is too small. You will be offered a warm and friendly, non-judgemental approach to collaboratively look for ways we can address the problem you are facing.