

## Relating to the feelings and meeting the needs that drive a child's behaviour

<u>When a child's behaviour is:</u>		<u>The child's likely to be feeling:</u>		<u>And likely to need:</u>
<p>Behaviour is erratic. Chaotic. Loud. Screaming. Demanding. Aggressive. Unpredictable. Extremely noisy or withdrawn. Anti-social. Rebellious. Defiant. Maybe dangerous. Attacking. Risky behaviour. Rude. Uncooperative. Lying. Destructive. Distrusting</p>	➔	<p>Insecure. Anxious. Afraid. Angry. Rage. Accused. Very frustrated. Threatened, Self-esteem very low. Lacking confidence. Vengeful. Overwhelmed. Confused. Disorientated. Sad. Lonely. Isolated. Unloved. Misunderstood. Judged as naughty &amp; bad. Excluded. Powerless. Vulnerable. Lost.</p> <p><b>Child has a backlog of unmet needs.</b></p>	➔	<p>Adult to stop &amp; help child feel safe and secure. Adult to help child move from distress/high alert to a calmer state. Lots of reassurance of loving connection. EMPATHY! Messages of "I can help". Keep child and others safe, physically if necessary, but non-aggressively. Needs to feel cared for by a calm, confident adult. To get bad feelings OUT in safe ways. Faith. Hope. Understanding.</p>
<p>Distracted and distractible. Cautious. Disorientated. Frazzled. Sensitive. Easily upset. Resistant. Frequent conflicts with other children. Clingy. Whining voice. Nervous. Demanding of attention/ sugar/ entertainment/ distractions. Small problems result in big reactions.</p>	➔	<p>Needy. Irritable. Confused. Frustrated. Stressed. Unsettled. Resistant. Unseen. Unheard. Judged. Craving empathy. Uncomfortable emotions. Uncomfortable and squirmy in their body. Lost. Disconnected from self and others.</p> <p><b>Child has some unmet needs.</b></p>	➔	<p>For adult to slow down and give their full attention. Warm connection. Reassurance, especially relating to limits. Positive guidance &amp; encouragement. Pressure reduced. Threats reduced. Rhythm, routine &amp; predictability increased. Emotional validation. Guidance &amp; information that's easy to understand. Support stress releasing cries or laughter through play.</p>
<p>Child is focused on their play. Good at meeting their needs. Expresses clearly when seeking help. Confident. Friendly. Generous. Sociable. Seems alert. Energized but settled. Healthy curiosity. Listens well. Cooperative. Eating, sleeping and learning well.</p>	➔	<p>Secure. Safe. Calm. Loved. Cared for. Warmly connected. Happy. Supported. Strong sense of belonging. Contributions valued. Good wellbeing. Settled. Satisfied. Seen. Heard. Acknowledged. Emotionally supported. Confident. Energized.</p> <p><b>Child's current needs are met.</b></p>	➔	<p>Attachment figure available. Awareness of how and where to access physical and emotional needs. Rhythm &amp; routine. Predictability. Variety. Security. Fun. Friends. Opportunities to meet challenges &amp; practice skills. Overall secure family. Encouragement. Time for free play.</p>

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