

# WAMHS; MANAGING DIFFICULT BEHAVIOUR

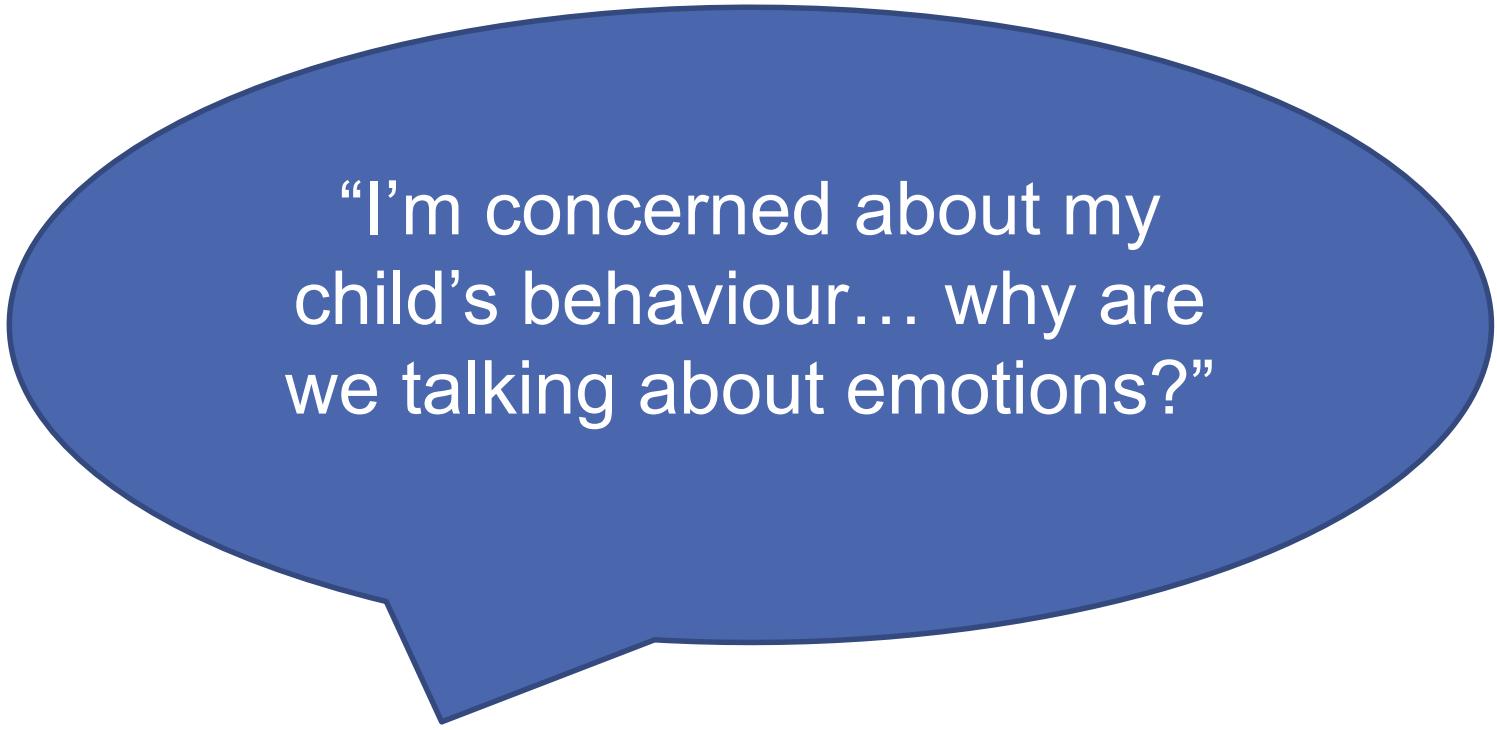
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Emma Sinclair  
WAMHS worker at St Matthias

# 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

Kicking

Hitting

Biting

Screaming

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

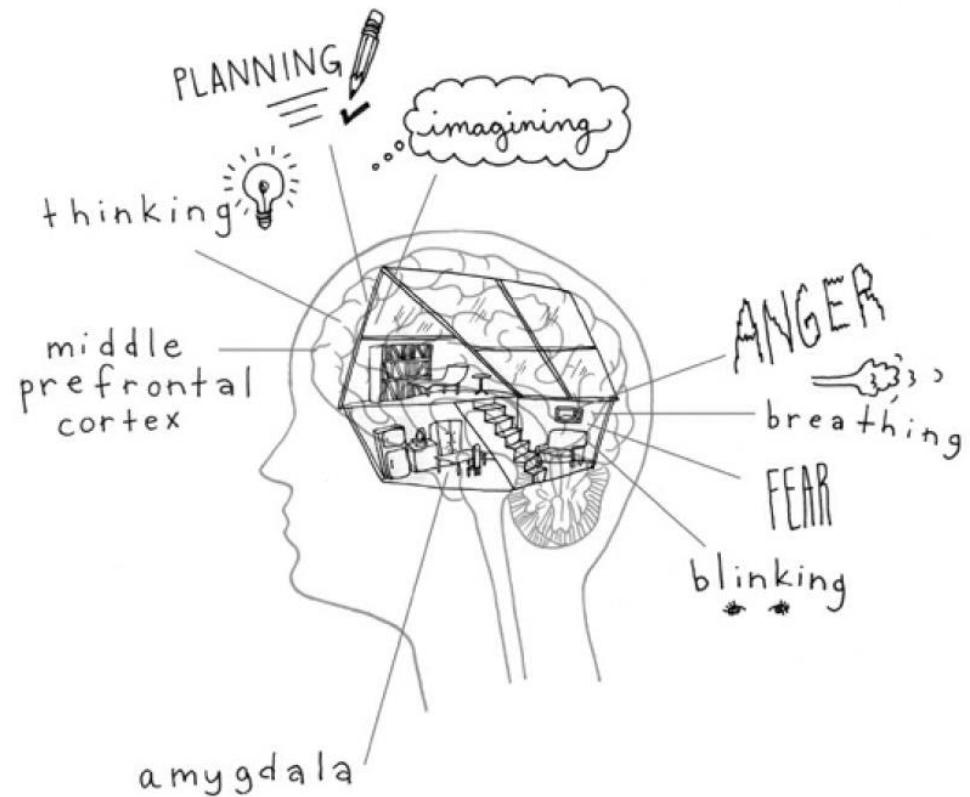
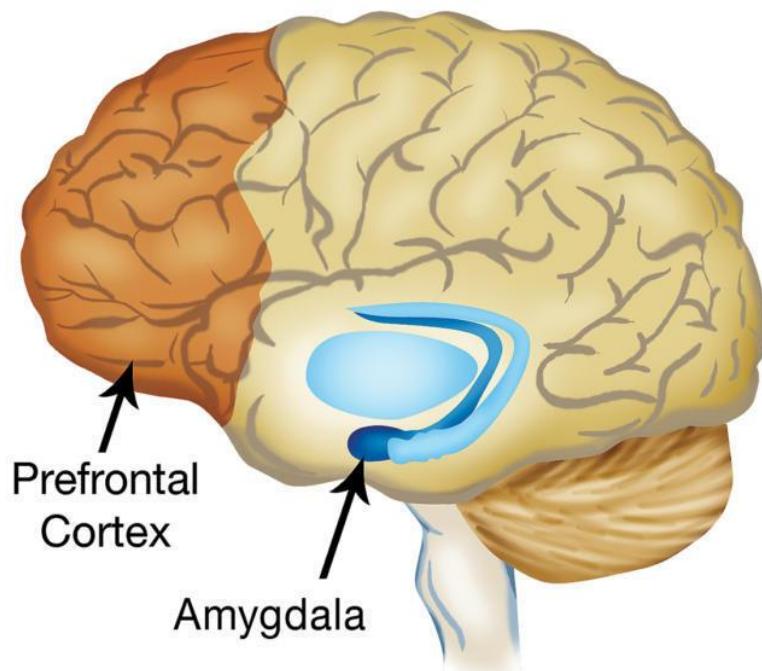
I need to release my  
emotions and this is the  
way I know how

I'm not bad, I'm communicating

I'm hungry

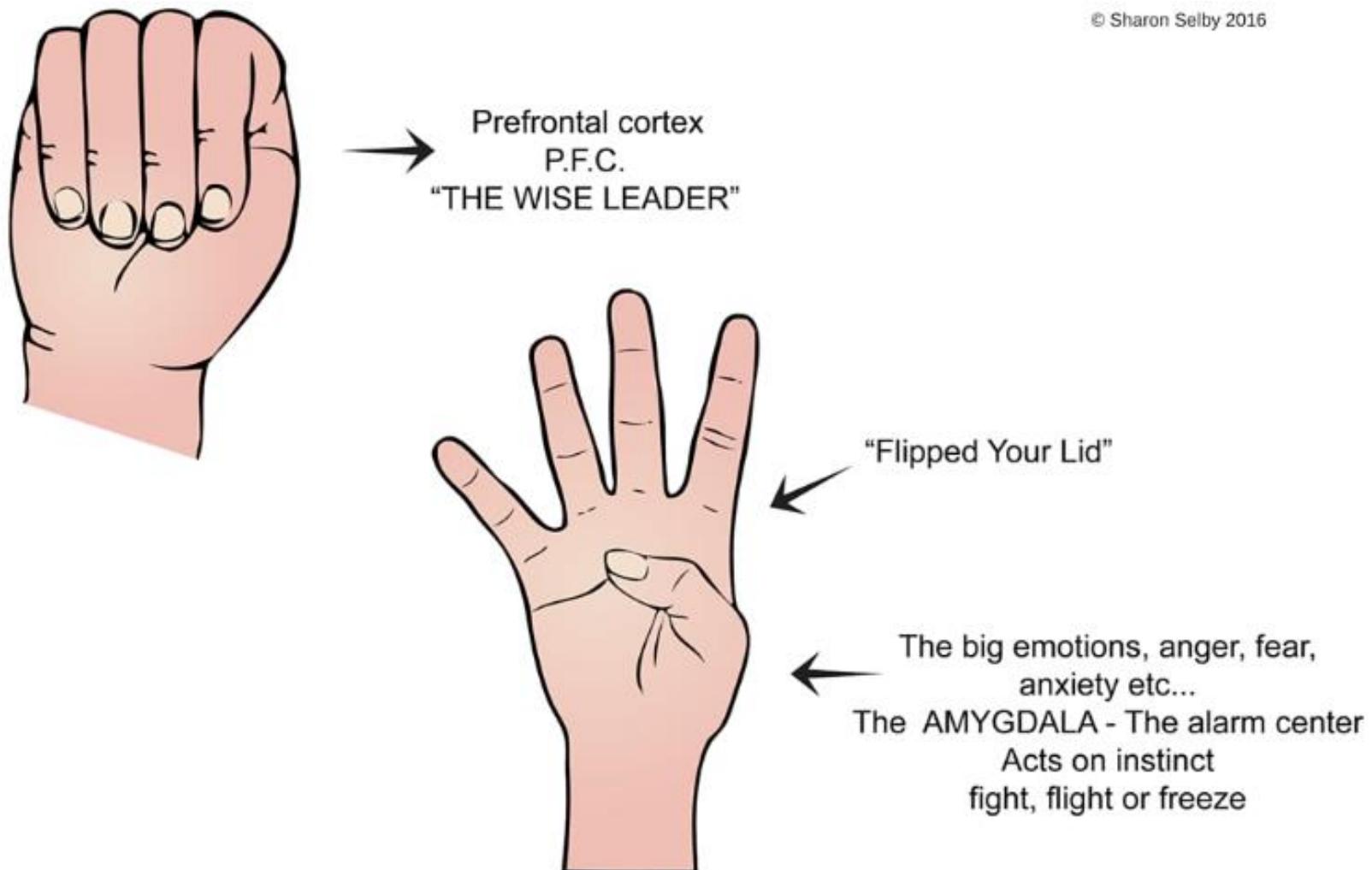
## What We Don't See

# Brain development and Emotions



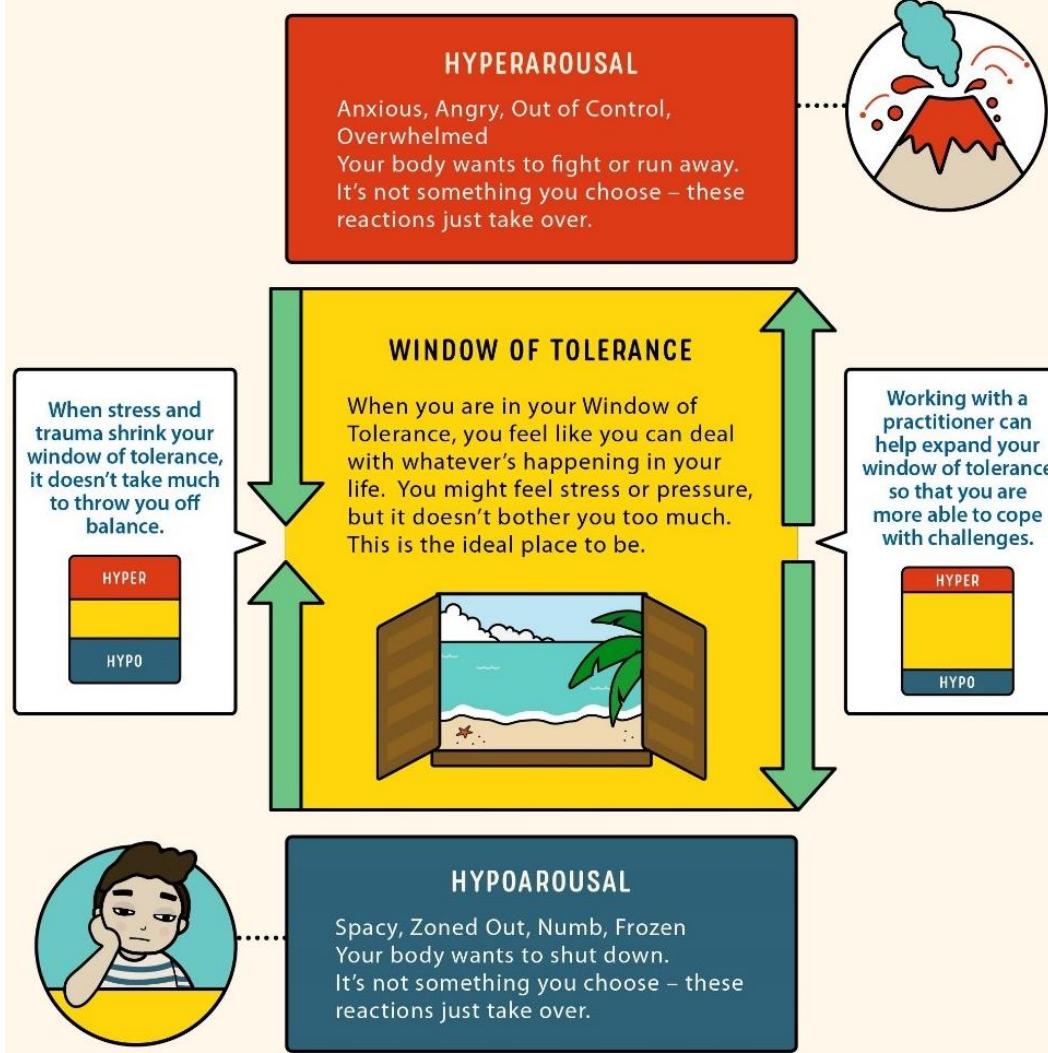
# Brain development and Emotions

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Adapted from Dr. Daniel J. Siegel's Hand Model of the Brain found in *Mindsight: The New Science of Personal Transformation* (Bantam Books, 2010)

# Window Of Tolerance



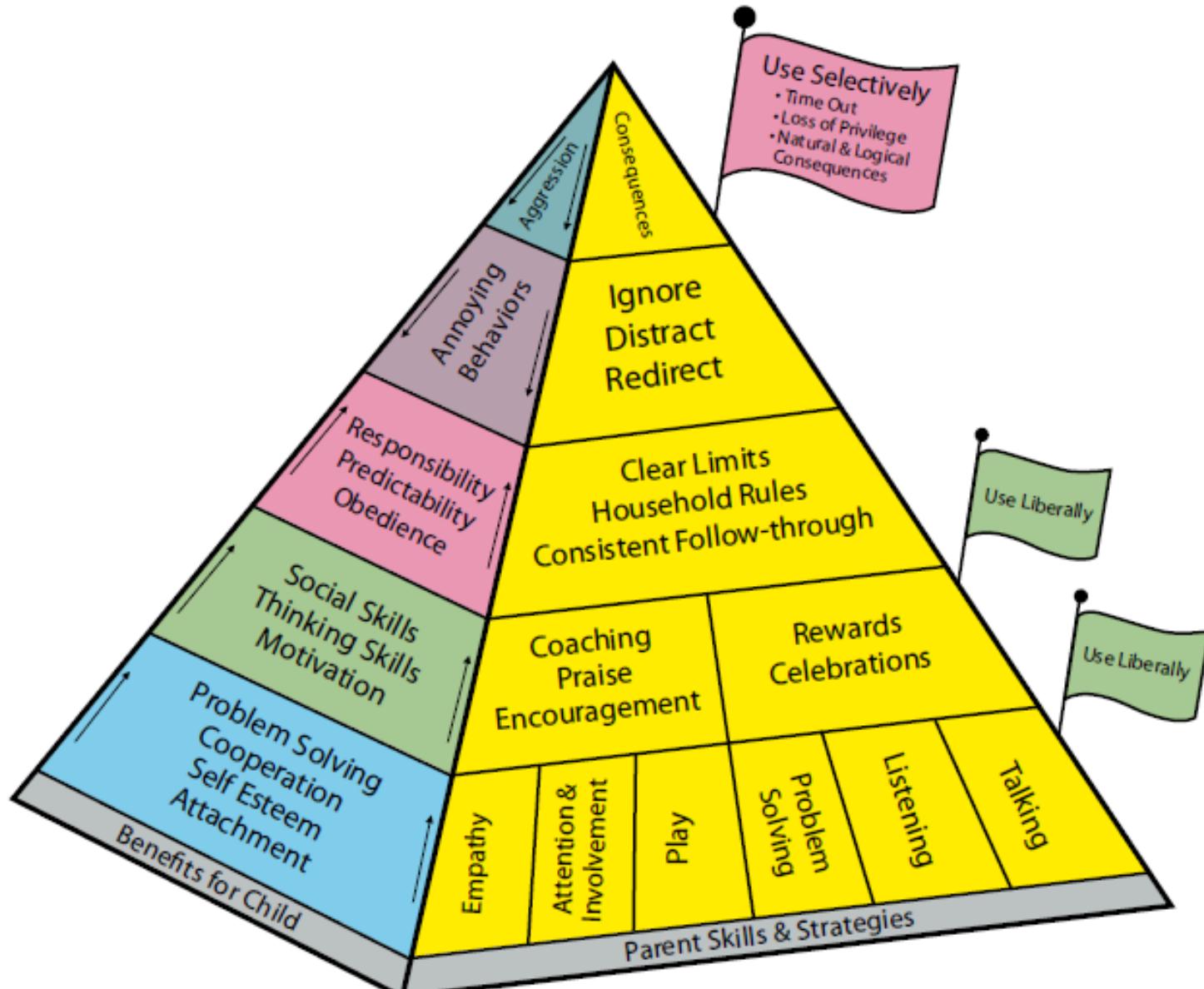
# What can we do?



# Our response

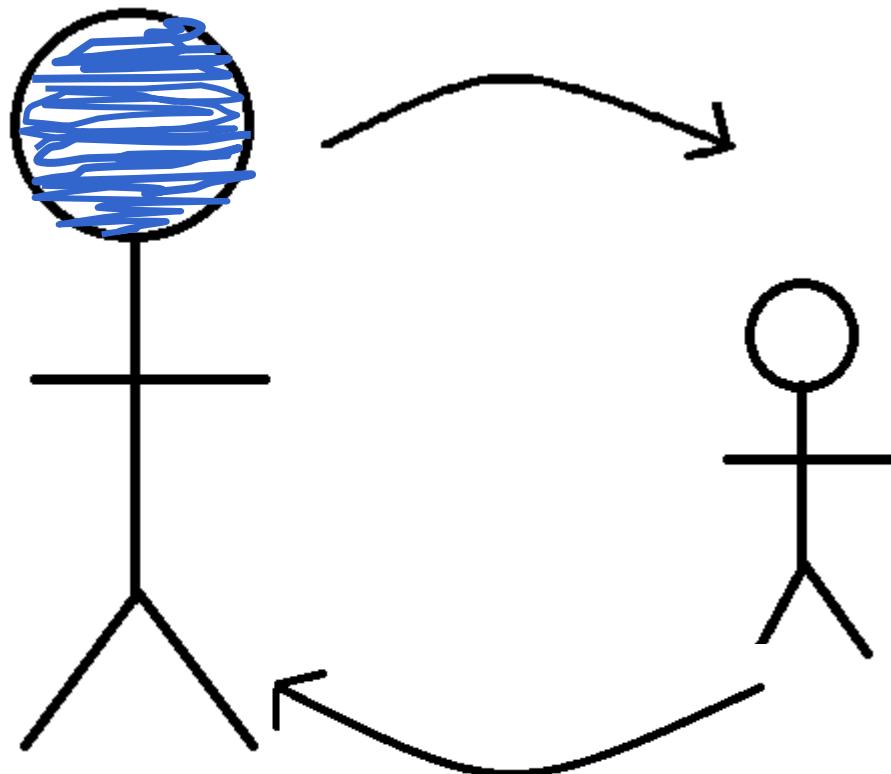


- Behaviour which challenges can elicit difficult feelings as parents
- How can we engage our thinking brain rather than respond with our emotional brain?

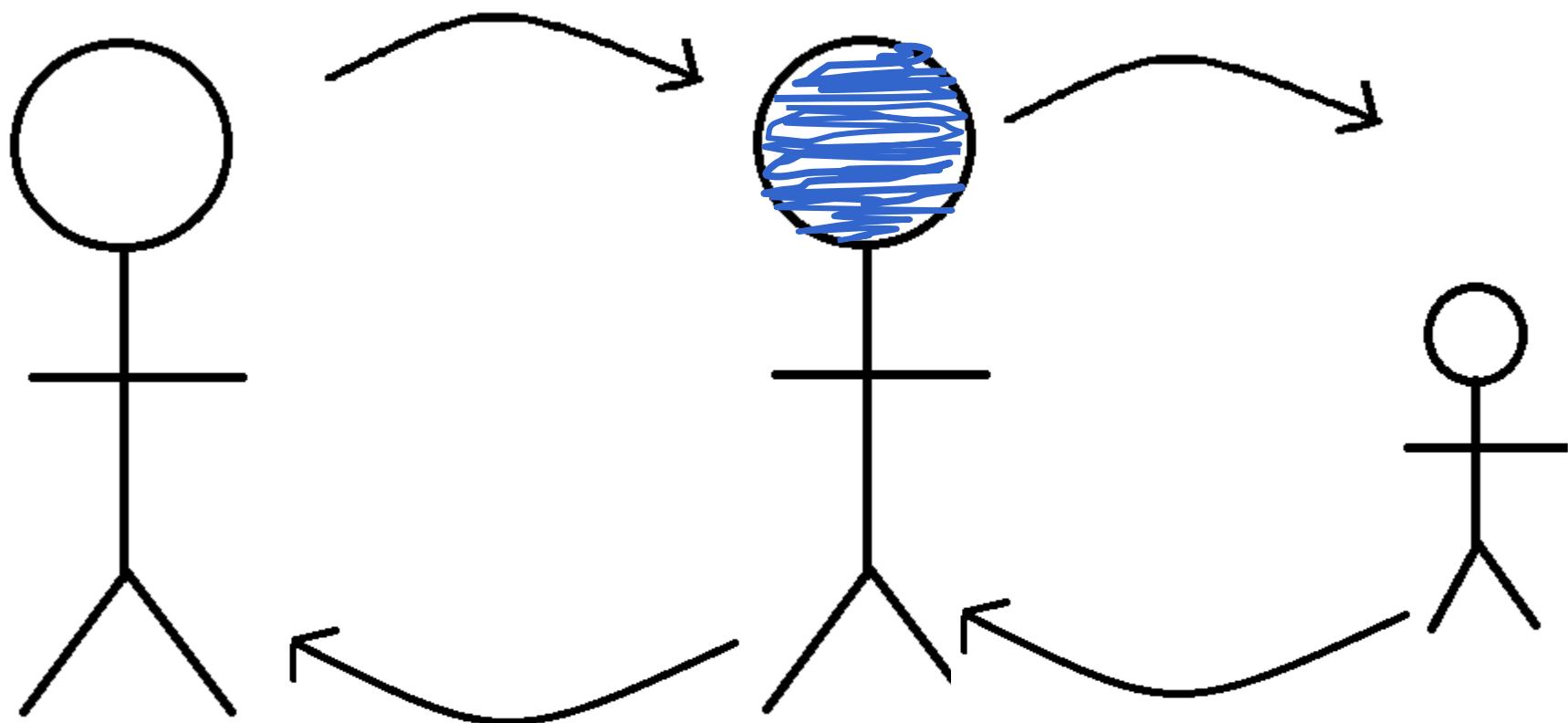


Parenting Pyramid™

# 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!

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Any questions?

