

Behaviour

(Ages 7-11)



Hello and Welcome

Welcome to the parent education session on Behaviour.

Relax, grab a drink and lets get started 😊



Learning Objectives

- To understand what Behaviour is.
- To understand Brain development and how this affects Behaviour.
- To understand what is normal behaviour and what is challenging behaviour.
- To improve understanding of ways to manage children's challenging behaviours.
- To improve abilities to build and maintain positive relationships with their children.



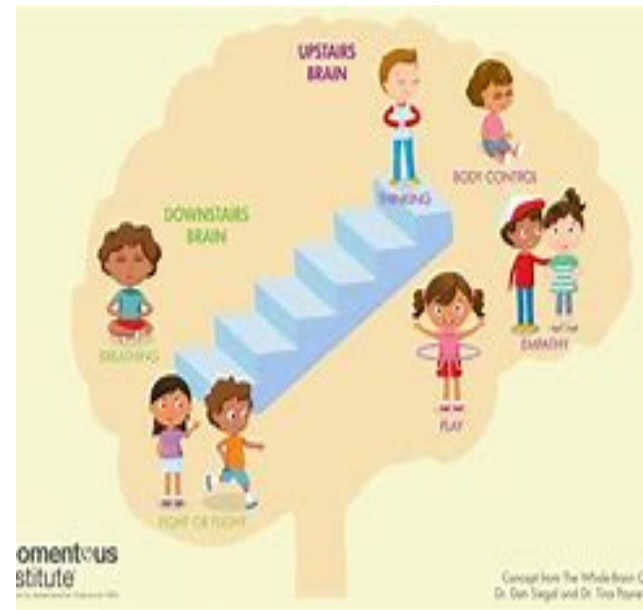
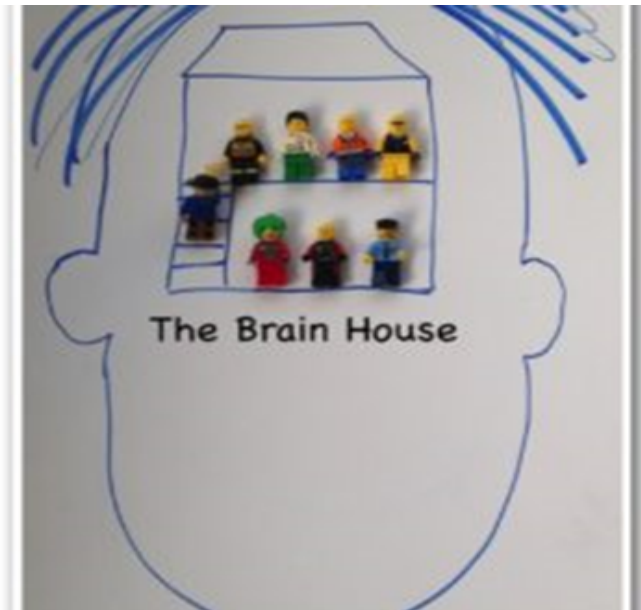
What is Behaviour?

- How a child conduct themselves - their actions, reactions and general response to their everyday situations and environments.
- Behaviour becomes Challenging when a child's daily life is persistently negatively impacted.

- As children get older, they become more aware of behaviour expectations and will start to get better at controlling their behaviour.
- School-aged children begin to understand empathy, plan and make decisions about their behaviour, and understand that their actions have consequences.
- They begin to learn how to take on more responsibilities, however, they still require limits and boundaries to guide them as they develop.



Brain Development – Upstairs and Downstairs



Brain Development and Behaviour.

- Downstairs brain (OUR FEELERS) is where important things live. It supports basic functions like:
- Breathing, blinking
- strong emotions as well as impulses like anger and fear
- innate reactions to danger, like fight, flight or freeze

Brain Development and Behaviour.

The upstairs brain (OUR THINKERS) is more complex. It helps us with:

- Empathy (Understanding and Compassion)
- Morality (Right and Wrong) – these things come from the upstairs brain. We use the upstairs brain to think critically, problem solve, and make good decisions.
- Self-awareness
- Decision-making and Planning

Brain Development – Why it is important

- When children understand what's happening in the brain, it can be the first step to having the power to make choices.
- For Parents - knowing how the brain works means we can also understand how to respond when our children need our help to manage and regulate their behaviours (FEELERS AND THINKERS).

When a child's upstairs brain is functioning well, they are more likely to be able to:

- Slow themselves down
- Think before they act
- Regulate emotions – kindness, empathy
- Soothe self and consider others' feelings and perspectives — all important areas of healthy human behaviour.

- Sometimes our brains can become overwhelmed with feelings of fear, sadness or anger, and when this happens, it's confusing, – especially to children.
- Giving children ways to make sense of what's happening in their brain is important.
- It's also helpful for children to have a vocabulary for their emotional experiences that others can understand to make communicating those emotions easier.



Techniques to help:

- Teach children to “name it to tame it.” When your child is experiencing intense emotions, say things like, “I wonder if you’re feeling scared” and encourage them to name their feelings.



Techniques to help:

- The adult can guide the child in a breathing exercise or other soothing technique to help them calm down.
- Talk to a trusted adult before you flip your lid (get upset/angry/scared/worried) so you can problem solve the situation together.

Play in Behaviour Management.

- Importance of play:

Children need to **PLAY** to
BE ADAPTABLE **PLAY** to
CONSTRUCT KNOWLEDGE
PROBLEM LEARN **CREATE**
SOLVE PROCESS EMOTIONS
INTERNALISE EXPERIENCES
DISCOVER CHALLENGE
BE HEALTHY THEMSELVES
LAUGH & HAVE FUN
LEARN TO WORK IMAGINE
TOGETHER LEARN TO LEAD
EXPRESS EXPLORE **SPEAK**
IDEAS DEVELOP **READ**
MANAGE AN INQUIRING **WRITE**
STRESS **MIND** **COUNT**
Because **PLAY** matters.

Play in Behaviour Management.

Older children also gain something additional while they play—they discover their own interests and passions. Your child may find they have a love for a specific activity such as art or acting, or possibly for an animal or character.

20minutes a day of play with your child can be extremely beneficial to them in so many ways.



Social Skills:

- Playing with other children or adults provides many opportunities for learning crucial social skills like sharing, taking turns, problem solving and conversing with others.
- Social play is crucial for kids to learn how to interact with others as they grow into school-aged children and, later, well-functioning adults



Child development at 6-8 years: what's happening:

- At this stage, play is now complex now, children often play out ideas they've come across at school or in the media.
- For example, you might find yourself serving dinner to a ballerina, a rock star
- Your child is better at controlling their own behaviour and emotions, so copes better with games that involve rules, as well as with winning, losing and fair play



Daily life and behaviour:

Children are even more independent and want more say in what they can and can't do.

As part of this independence, they might enjoy doing more chores around the house sometimes. **BUT SPENDING TIME WITH YOU IS STILL IMPORTANT TO THEM.**



When to be concerned about child development at 6-8 years:

Your child:

Communication and understanding

- has a stutter or lisp when talking

Your child:

Behaviour and play

- finds it hard to make friends
- can't skip, hop or jump

Behaviour and play

Your child:

- has trouble sitting still for a long time
- is aggressive with other children
- seems to be afraid of going to school, or refuses to go to school

Everyday skills

Your child:

- can't get dressed or undressed independently
- experiences daytime wetting or soiling
- still has regular night time wetting at eight years

Play in Behaviour Management. Who to Talk to:

- You should see a child health professional if at any age your child experiences a noticeable and consistent loss of skills they once had.
- Talk to your School, School Nurse or See your GP if you have any concerns or notice that your child has any of the following issues at 6-8 years. They will advise you about support and specialist services if needed.



Play ideas at any age: Setting the scene

- Play also allows children to relax, let off steam, develop social skills such as concentration and co-operation, encourages the development of the imagination, develops motor skills and teaches self-expression.
- Adults have a role within the play by making time and space available with the relevant resources. Think about creating play ideas that help support and extend learning and development.

- QUESTIONS:
- What can you as a care giver do to help your child to connect with their downstairs/upstairs brain?
- Why is play important?
- List 2 things you are going to commit to do with your child to continue to build your communication and relationship/bond?

What is Normal behaviour Ages 7-11

- Sometimes parents struggle to understand what is normal behaviour.
- Testing limits is how they learn about themselves and the world
The consequences you give them teach important life lessons.



The Next few slides will show how to tell whether your child's misbehaviour falls into the realm of 'normal behaviour problems.'



7-8 years

- Might start complaining, usually about their parents or the rules, but also about friends and other kids.
- Will want you to think the way they do and will have little tolerance for your difference of opinion.
 - Will feel misunderstood by many.
- Can be dramatic about school, friends or life in general.
- Will try to use words to talk about how they are feeling but may become frustrated and angry when they are upset.
- Will be becoming more aware of what other people think.



9 years

- Friends will start to be more important than parents, and this will continue through adolescence.
- What their friends think will start to become more and more important.
- Will narrow the friendship field by having closer friendships, but less of them.
- Will share jokes and secrets with friends.
- Will push against rules and directions and may disrespect you.
- Will be able to be loving and silly but will also develop the capacity to be selfish, argumentative and abrasive.



10 – 11 years

- Tantrums of childhood will be calming down by now. Enjoy it because adolescence has heard that you're relaxing and it's on its way.
- Might still argue about rules and the necessity and detail of them.
- Will try to explain away misbehaviour through excuses and justifications. They will fight hard to find the loophole in the rule.
- Promises become important and they will remember **EVERYTHING!**



Puberty

- The average age for girls to begin puberty is 11, while for boys the average age is 12.
- But it's different for everyone, It's completely normal for puberty to begin at any point from the ages of 8 to 14.



How Puberty affects behaviour.

- Puberty can cause children to develop new emotions and feelings.
- But the "emotional rollercoaster" they're on can have psychological and emotional effects, such as:
 - unexplained mood swings
 - low self-esteem
 - aggression
 - depression

- This is the end of the first session.
- You might choose to take a little break before starting the second session