

HOW TO SUPPORT YOUR CHILD WITH 'BIG EMOTIONS'

Beacon School Support



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School Behaviour Secrets

BEHAVIOUR SECRETS

...search for podcast “School Behaviour Secrets”



QUICK ACTIVITY

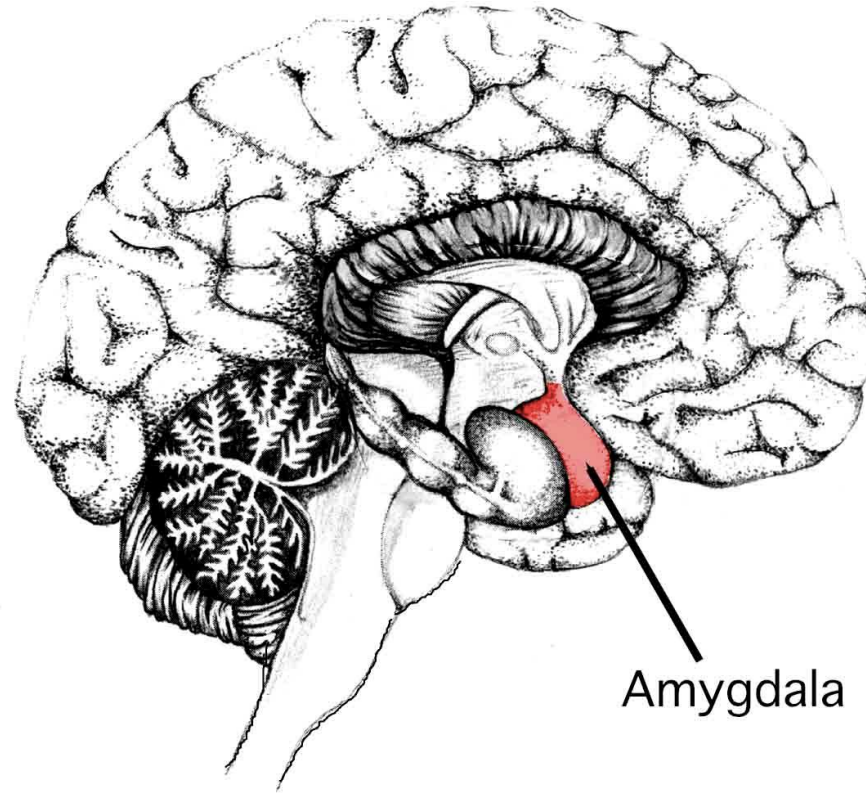
*What's your **best** memory
with your child?*

HOW OUR BRAINS WORK



All feelings are normal!

HOW OUR BRAINS WORK



Amygdala

Survival brain state

HOW OUR BRAINS WORK



Fight Vs flight



HOW OUR BRAINS WORK



Fight - shouting, hitting, pushing,
saying 'no'

ANGER response

Flight - running away, hiding,
shutting down, not talking

ANXIETY response



HOW OUR BRAINS WORK

Anger is a normal and healthy emotion

But it's not ok to:

- hurt yourself
- hurt others
- damage property

These are the anger rules!

QUICK ACTIVITY

Physiological changes

Many changes occur in the body when someone becomes angry or anxious



QUICK ACTIVITY

Physiological changes

- Increased heart rate
- Liver dumps sugar into the blood
- Breathing rate increases
- Face may become flushed due to increased blood flow
- Blood pumped away from stomach
- Brain narrows focus on the perceived threat

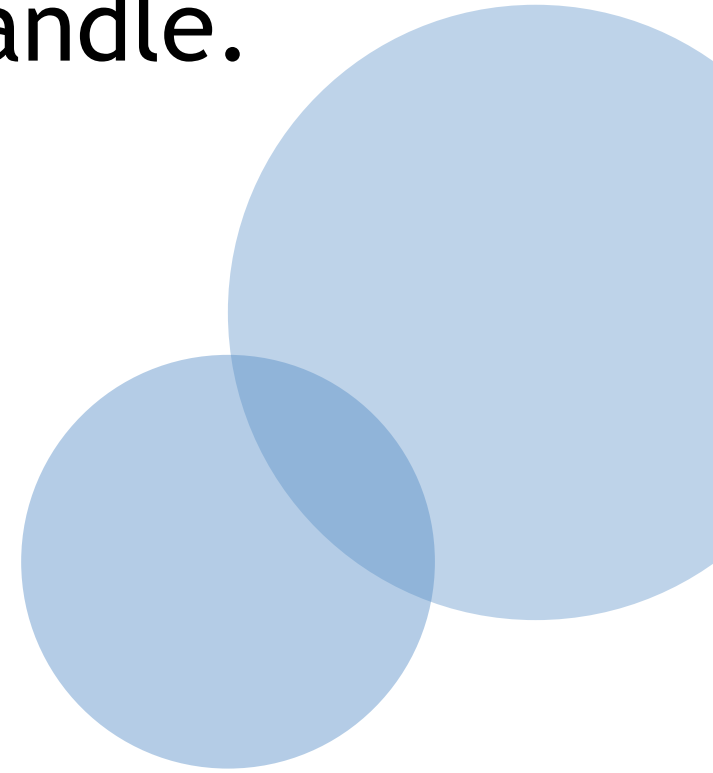
QUICK ACTIVITY

Physiological changes

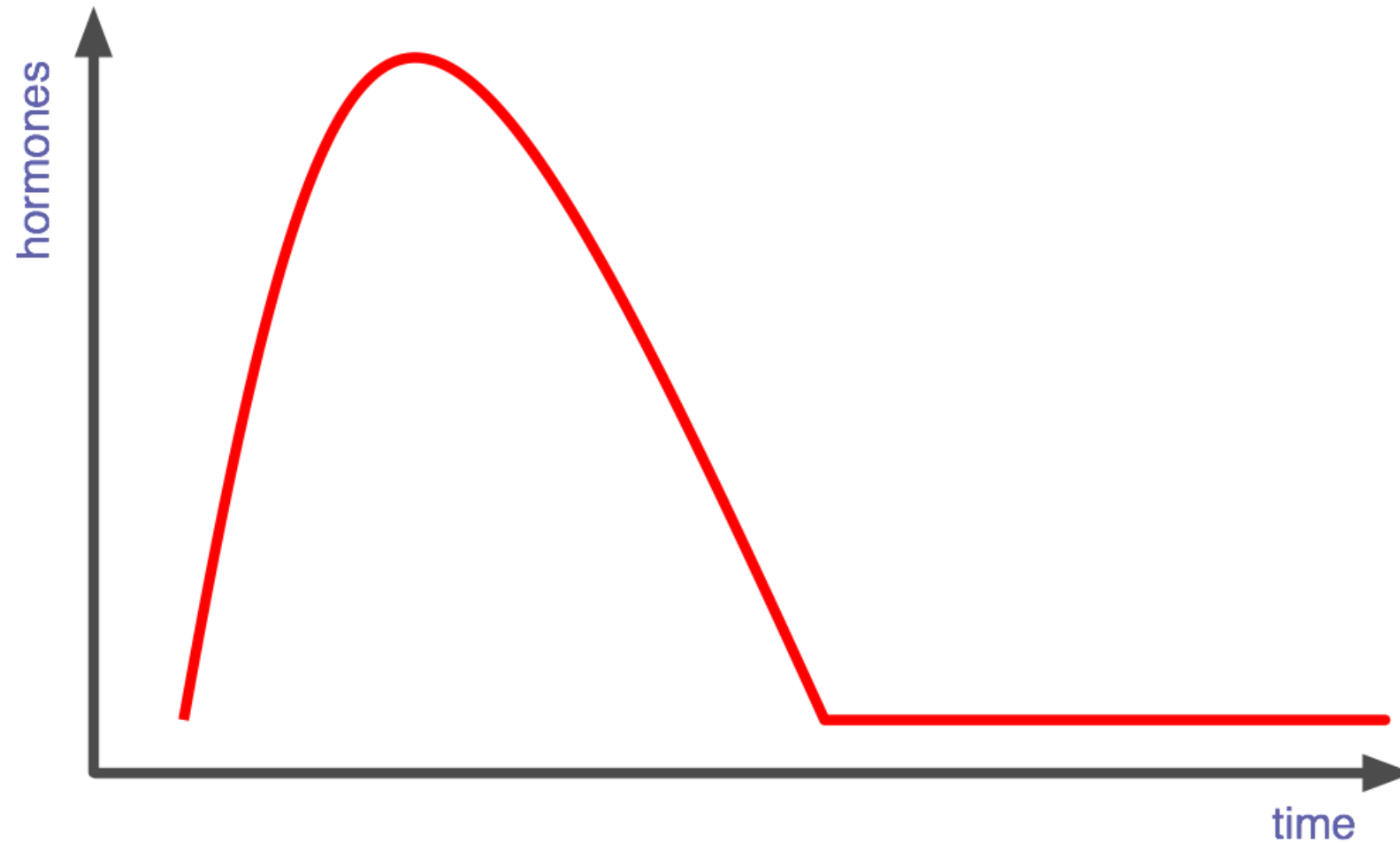
- High levels of arousal impair memory function...
...which is why you may not remember the details of an explosive argument
- Can't process language or plan ahead for the long term
- Psychosomatic - causes real aches and pains (can be worrying to the child because they think they are ill)

WHY IS THIS USEFUL TO KNOW?

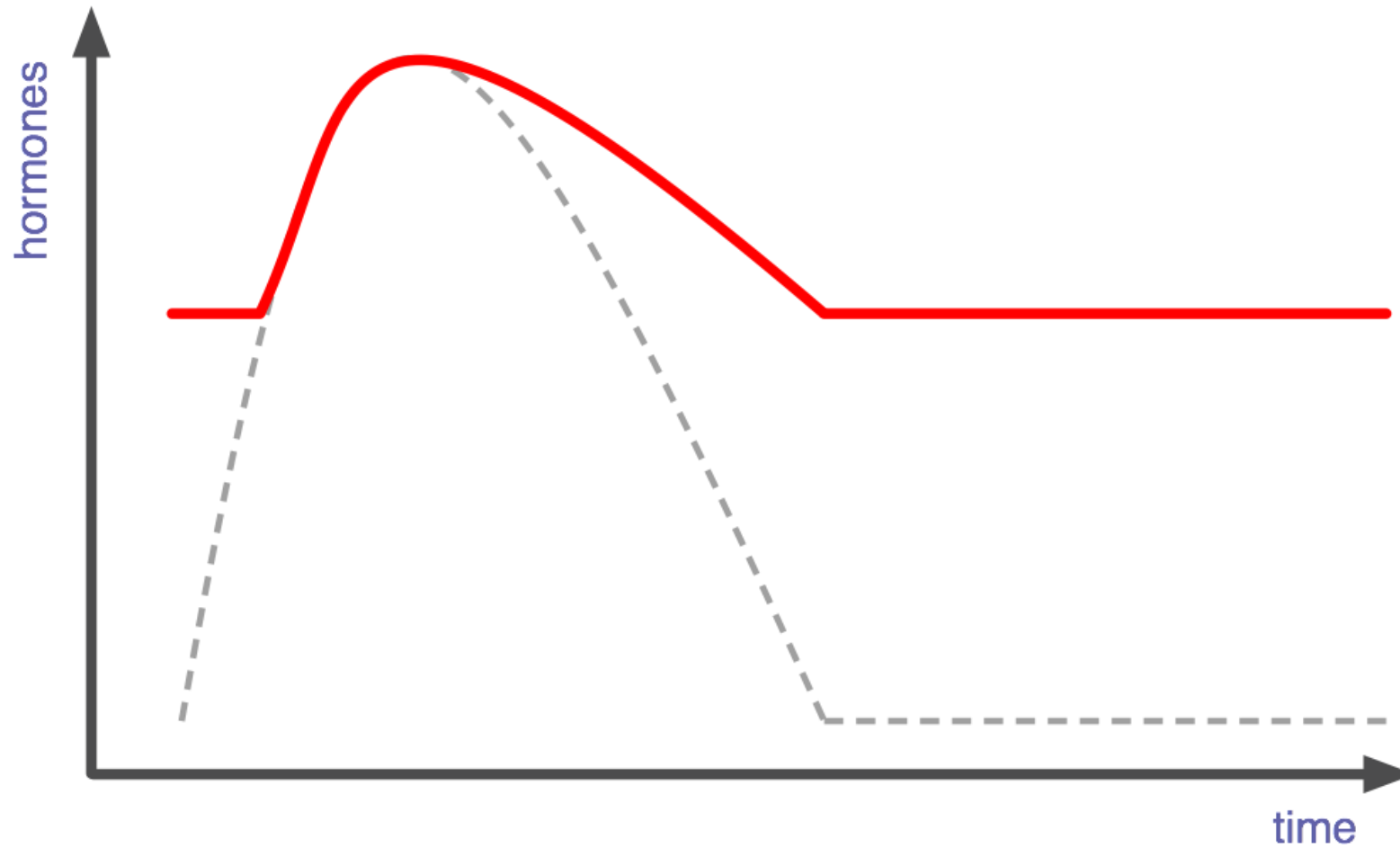
So that we can help our kids **EARLY ON**, before the problem gets too big to handle.



THE ANGER CYCLE



THE ANGER CYCLE

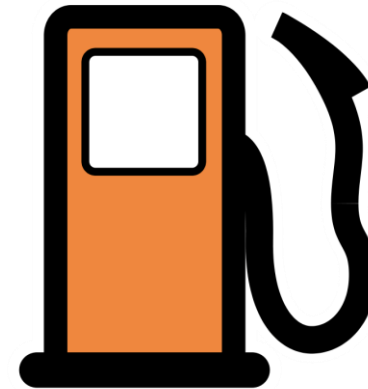


HOW TO REACT...

Don't make the situation worse!



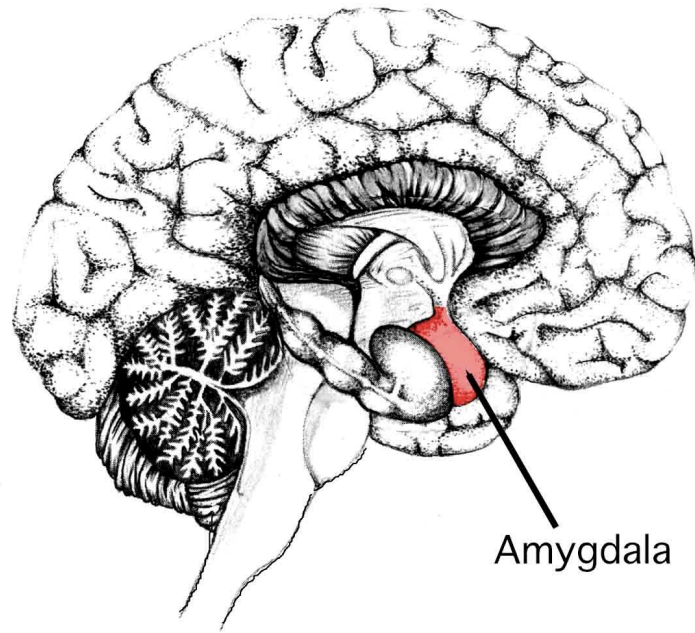
water



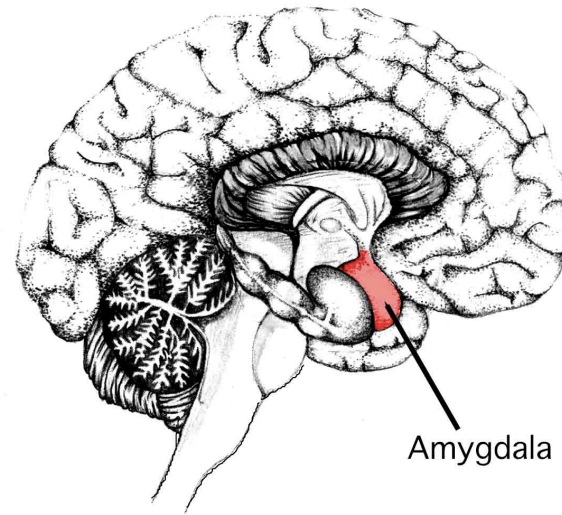
petrol

HOW TO REACT...

Control **your** own response first



YOU



YOUR CHILD

Spot the early warning signs

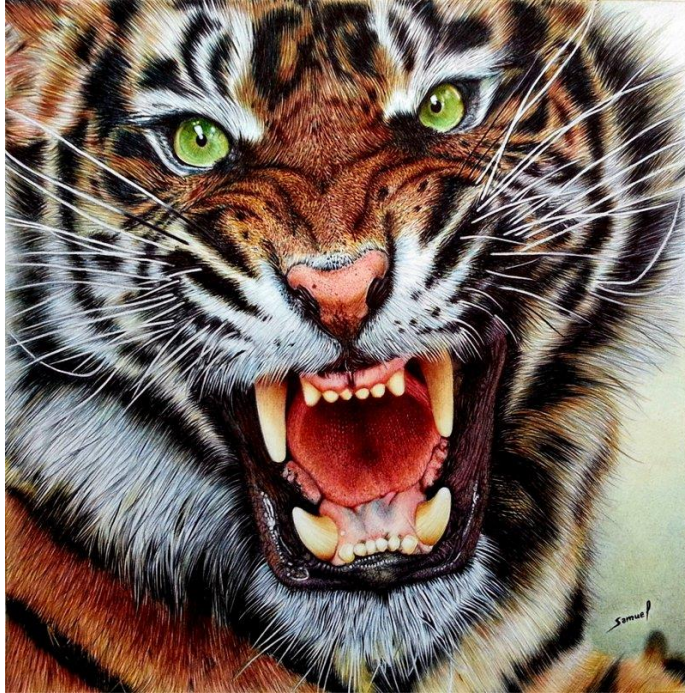


- Making fists
- Puffing
- Change in eye contact
- Sulking
- Changes in body posture
- Winding up others
- Change in tone of voice
- Tearful
- Saying 'mom, mom, mom...'

QUICK ACTIVITY

*What strategies do you use
that helps your child to
calm?*

REMOVE THE THREAT



- Move the threat away
- Move **them** away from the threat
- Try **distraction** - talk about something else

DON'T MAKE THINGS WORSE!



- Talk calmly (but not too calmly)
- Think about your tone and body language
- Don't blame or belittle
- Don't tell them off
- Don't say I told you so
- Avoid saying 'no'

ACTIVE LISTENING

Show them that you understand how they are feeling:

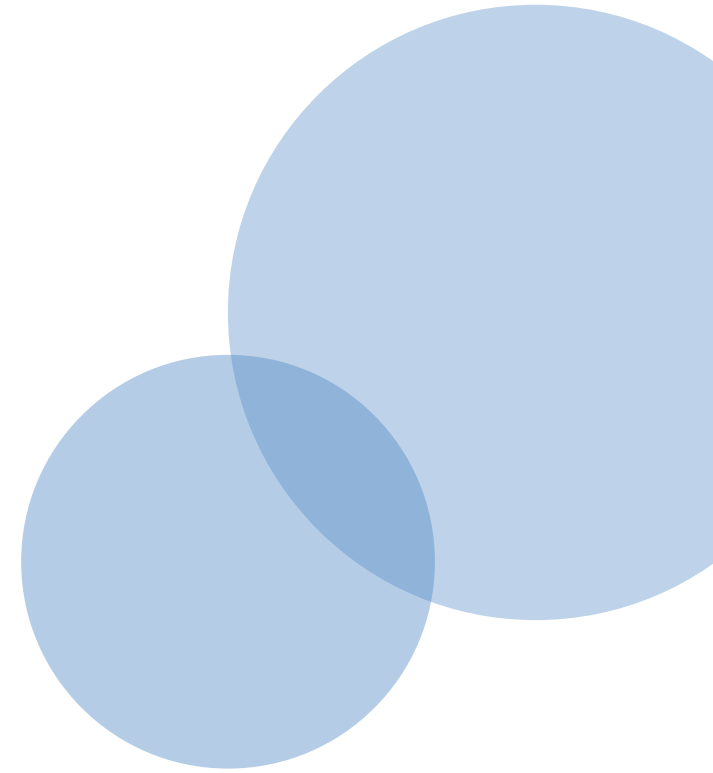


- Say 'I get it.' 'It's ok to feel cross'
- Tell them you understand
- Repeat back - 'I know you don't want to tidy your room.'

USE EMOTION COACHING

3 steps to emotion coaching

1. **Name it to tame it!**
2. **Set boundaries**
3. **Problem solve together**



‘I think that means that you are getting mad’

‘In this house, its not ok to shout at each other.’

‘Let’s try, having a drink of water to cool off’



A CALM DOWN PLAN



- Teach only when **everyone** is calm
- **Before** there is a problem
- **After** a problem (much later)
- Try a **prompt** signal
- Practice, practice, practice
- Role model coping with feelings

WAYS TO CALM DOWN



- Walk away
- Splash face or wrists with cold water
- Think of a happy time
- Punch a of pillow (safe alternative)
- Go and play outside
- Have a drink of water
- Big hug

WAYS TO CALM DOWN



- Yoga
- Do something you enjoy
- Lie on your bed
- Play with a favourite toy
- Push the wall
- Write it down - rip it up
- Talk about it later
- Mindfulness
- Body scan
- Star fish breathing

WHAT NOW?

Family first

Step-by-step behaviour
secrets every parent
should know



IF YOU WOULD LIKE TO KNOW MORE...

FREE RESOURCES

Get free, instant access. These resources have been specifically written for parents.



Free guide: 8 Mistakes To Avoid When Helping Your Child With Anxiety

8 Mistakes Most Parents Make Helping Kids With Anxiety (And How To Avoid Them)

FREE: HELPING YOUR CHILD FIND THEIR WAY THROUGH ANXIETY IS HARD... HERE'S 8 COMMON MISTAKES AND HOW TO AVOID THEM



Free guide: helping children with emotions and behaviour at home

9 Tips For Supporting Your Child With Emotions And Behaviour At Home

FREE: AT HOME WITH THE KIDS? THIS FREE BOOKLET HAS 9 WAYS OF HELPING KIDS MANAGE THEIR EMOTIONS AND BEHAVIOUR.

LET US KNOW YOUR THOUGHTS



Parent survey

DLP: Senneleys Park

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