

All behaviour is communication from your child

When a baby cries it could be because they are tired, hungry, unwell, worried... or many other reasons. Whether we are aware of it or not, we all express our internal feelings and needs through our outward behaviours.

No matter how challenging the behaviour feels, there is always a reason for it. Usually, they are sending us a loud message that something is not right, that a need is unmet, or they are not managing their feelings and need your help to do that. Perhaps they feel frustrated, sad, or angry.

If we approach these moments with curiosity and compassion, their behaviours may start to make more sense. Then the feelings underneath the behavior can be seen, understood and supported. Each time this happens well, children learn that difficult feelings can be soothed, and they don't have to feel big feelings alone.

We can think of children's behaviour as an iceberg, where the behaviour is what's outside, and their feelings, needs, and emotions are underwater and can't be seen.

Knowing they have your support and understanding, children feel accepted, heard, and respected. They start to feel more confident, and able to cope with their big feelings.

