

Getting curious

- Pause to think about how your child feels
- Try to be curious:
 - *What does my child's behaviour tell me?*
 - *What does it tell me about how they are feeling?*
- Every behaviour & action in our child tells us something about them & what they need

This can be helped by:

- Noting when your child seems overwhelmed and not able to manage their feelings
- Asking yourself:
 - *What feelings is my child expressing through their behaviour?*
 - *What happened before this emotional response from my child*
- Reminding yourself that our children are learning how to safely have and manage all of their feelings “the good, bad and ugly. And we are their teachers.

