



**POWER**  
*TO*  
*THE* **KIDS**

# Homework Review

- First workshop was on managing anxiety.
  - Take home tips, encourage graded exposure, don't enable kids to avoid.
  - Be mindful of own body and language.
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- Second workshop on Technology.
  - Take home: less is best. Nil devices in rooms or at night. Be mindful of skills not developing when on screens.

# All behaviour has purpose

- Behaviour is learnt. Shortest path to the goal.
- Normal for children to have difficulties with emotional regulation and it is very difficult managing behaviour when not regulated.
- Remember to be the anchor deep in the sand.
- Kids learn to regulate through co regulation.

# BAD/NAUGHTY/OPPOSITIONAL

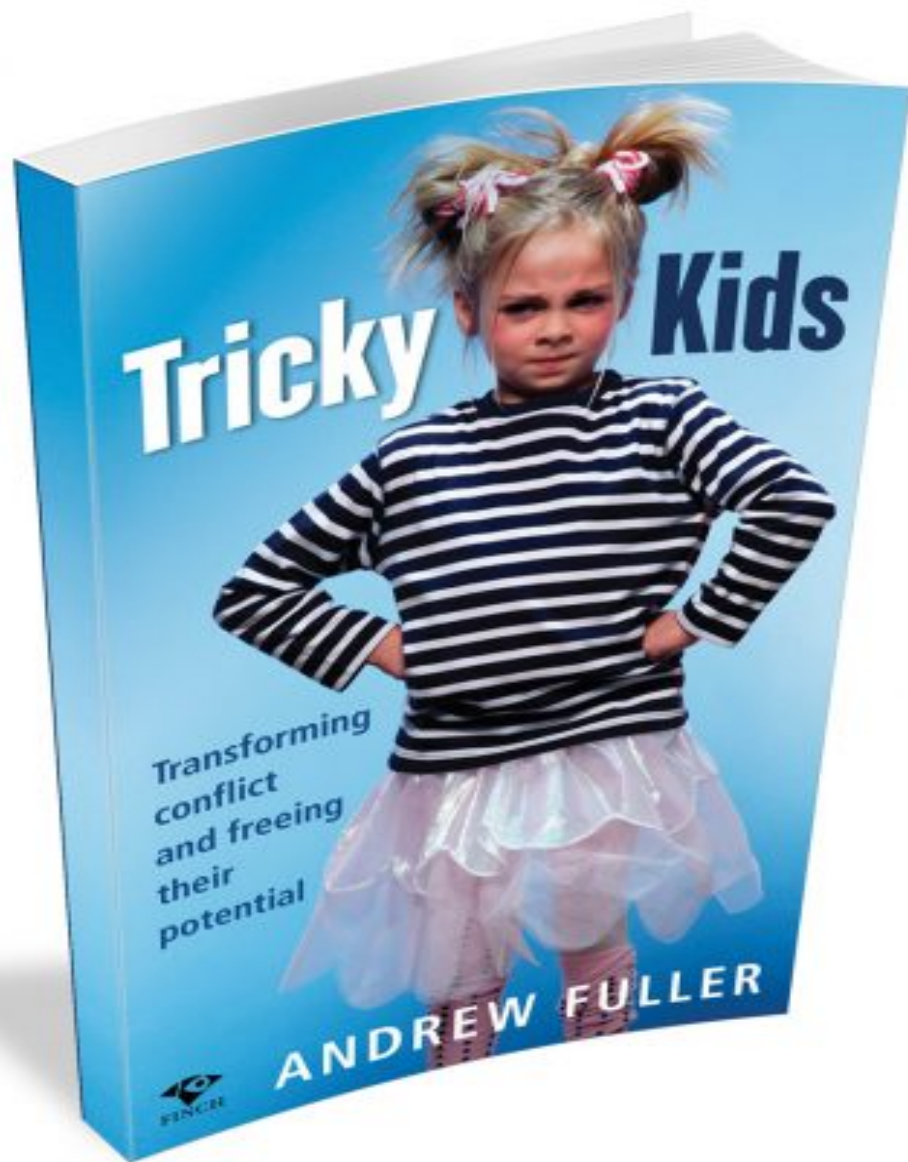
- Can be ADD/ ADHD / learning difficulties / Autistic spectrum / vision or hearing issues / attachment problems, seek help if strategies not helping
- (GP can do mental health care plan for referral to occupational therapist, or psychologist. Schools have counsellors and learning support teams)
- Visual cues and lists of jobs/expectations, clear and consistent messaging to kids.

# Free help for parents/carers

- 1800 595 212 organizes to connect with free psychological support for both kids and adults.
- New drop in centre behind Coles just for adults
- Parent helpline 1300 1300 52
- (9am-9pm Mon-Fri, 4pm – 9pm Sat and Sun)

# General Approach

- Divide all behaviour into 3 groups:
  - Good and wanted behaviour
  - Annoying (eg swearing, messy room)
  - Unacceptable behaviour (punched sister)
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- Concentrate on good (specific praise that identifies the value eg helpful or kind)
  - and unacceptable (firm consequences)
  - IGNORE the annoying. (so hard to do!)



# Tricky Kids

Transforming  
conflict  
and freeing  
their  
potential

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