

Behaviour as Communication

All behaviour is a form of communication. If we are better equipped to understand behaviours presented by our children, we will be better equipped to manage behaviour and meet needs.

The session will:

- Identify challenging behaviours
- Discuss how children communicate through their behaviours
- Identify negative behaviour cycles
- Explore the impact of anxiety upon behaviour choices
- Discuss what is happening in the brain when 'Big Behaviours' occur
- Explore how we can best respond and support our children



The session will provide:

- A better understanding of behaviours and what they are communicating
- Ways to break negative behaviour patterns
- A better understanding of anxiety and how we can support our children
- Provide tips to calm children and help them regulate
- Ways in which parents and school staff can best work together to support our children