

20 TOP TIPS FOR BEHAVIOUR SUPPORT

1. Focus on meeting children's human needs (all 5 Cups®).
2. Build relationships, connection, and trust.
3. Keep promises and follow through.
4. Provide a predictable routine.
5. Offer lots of choice and appropriate control.
6. Acknowledge and validate children's emotions.
7. Teach self-regulation through co-regulation.
8. Embed a range of sensory experiences into routines.
9. Look at situations through *the child's eyes*.
10. Find the underlying purpose the behaviour serves *them*.
11. Model and *teach* the child what to do instead.
12. Acknowledge when children do 'the right thing'.
13. Reinforce any attempt at using the desired behaviour.
14. Ensure everyone has a way to communicate their needs.
15. Incorporate strengths, interests, and comfort items.
16. Be proactive – plan and prepare for tricky situations.
17. Use visual aids to support understanding.
18. Set children up for success!
19. Pick your battles.
20. Always be kind – to others *and to yourself!*