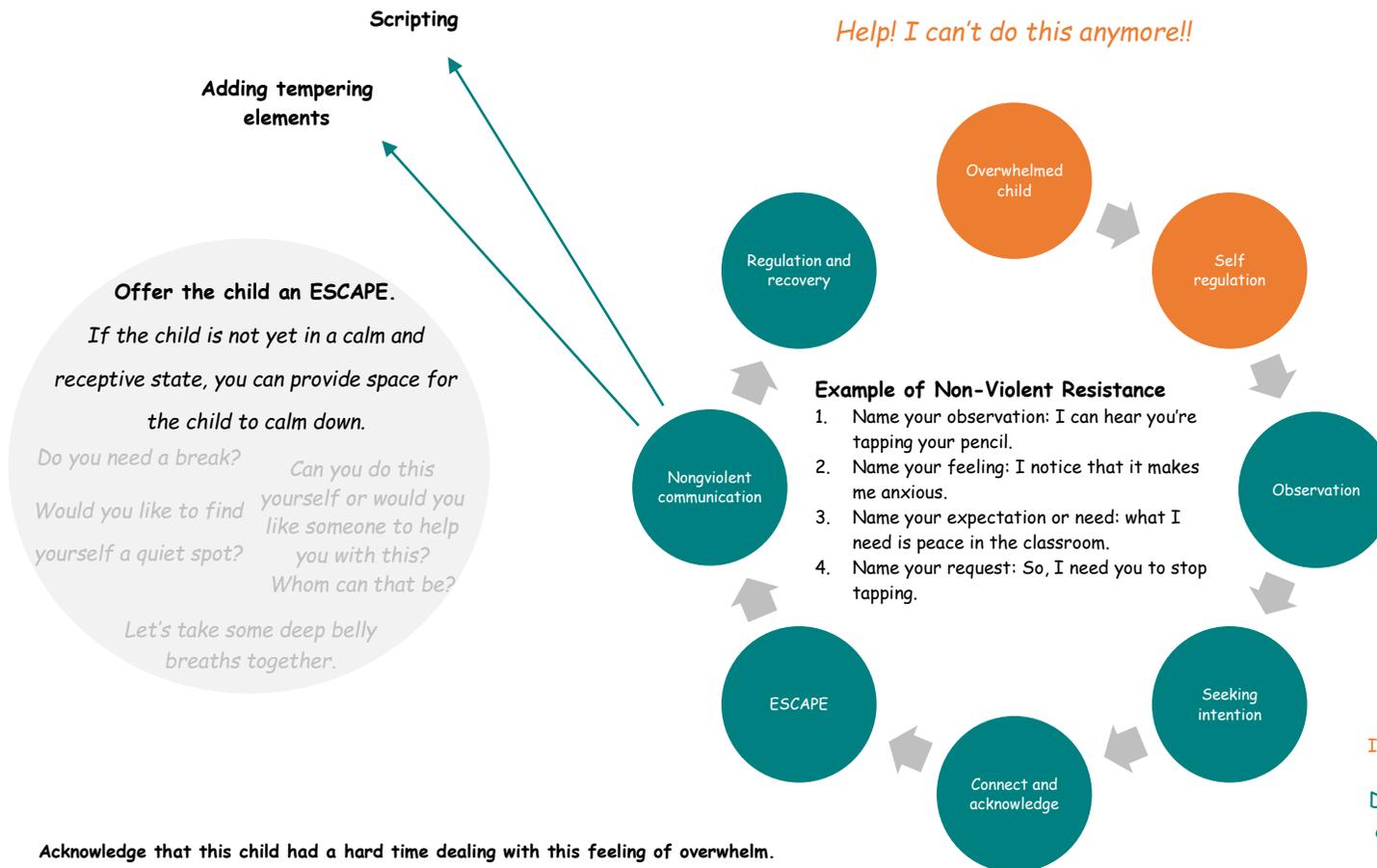


Circle of regulation

'If reasonable efforts at discipline fail, the answer is not to become stricter but to try a different approach.' – Gordon Neufeld

Child in survival mode:

Help! I can't do this anymore!!



Acknowledge that this child had a hard time dealing with this feeling of overwhelm.

Remind yourself: The relationship is the priority, not the behaviour!

Then proceed to 'pick up' the child and connect:

Ask yourself why this child is going on inside this child to express itself this way.

Try to look through the behaviour and find the intention of the child.

Eye level

Gentle voice

Soft look in your eyes

Speak slowly

Mentalize