

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. Tell 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. 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!