

My Child's Brain States



Stop Activity. Hold Space. Non-verbal Calming. Soothing Tone. Slow Deep Breathing. Be genuine. Listen.

Empathy "You reeeally wanted that"



Slow it down. Empathy. Really listen. Reflect. Play.

"I see you really don't want to get dressed! What if I got dressed in your clothes! How silly would that be!"?



Appreciation (your currency to increasing positive behaviours and way more good times!). Pre-reminders. Teaching. Role-playing. Joining in the FUN!