



Our Family Contract

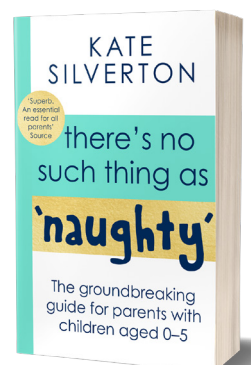
Things we value as a family...

We use
our words!

No
hitting!

We take
turns!

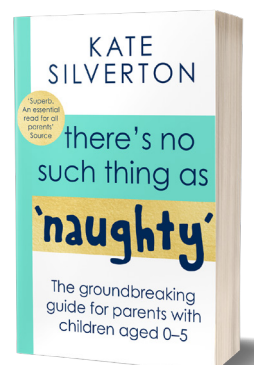
We tidy
our toys
away





Our Family Contract

Things we value as a family...



STOP! SN-O-T!

When faced by a tantrum:

- We can STOP!
- Take a breath and pause.

And remember that it's...

S'Not personal:

my child might be in the middle of a stress response triggered by something else entirely.

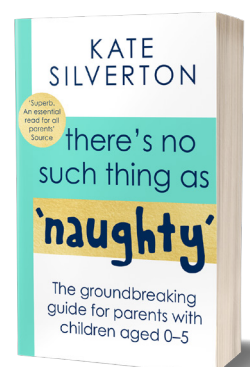
O - OBSERVE:

so what else could be going on?

E.g. are they nervous/scared/tired

T - TURN IT AROUND:

*think about the situation from the perspective of your child and soothe.
Hugs can always help!*

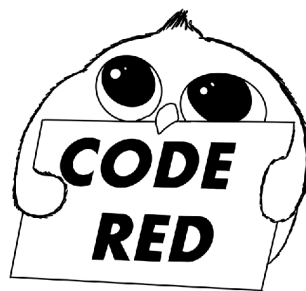


CODE RED

Think of 3-4 different situations and let your children give them a colour. You can use your own situations, but some common ones are:

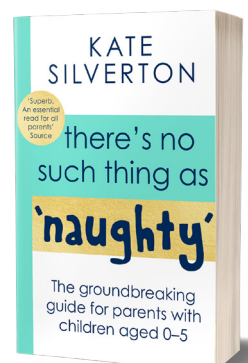
- Getting told off at school
 - Feeling really hungry
 - Having the best day ever
- Something upsetting happens

Suggest that if things happen at school that they find hard to explain, they can simply tell you they had a 'Code Red' (or indeed a yellow/white/purple, etc). Then you can either discuss it right there or later on when they're ready.



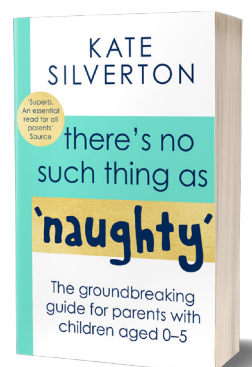
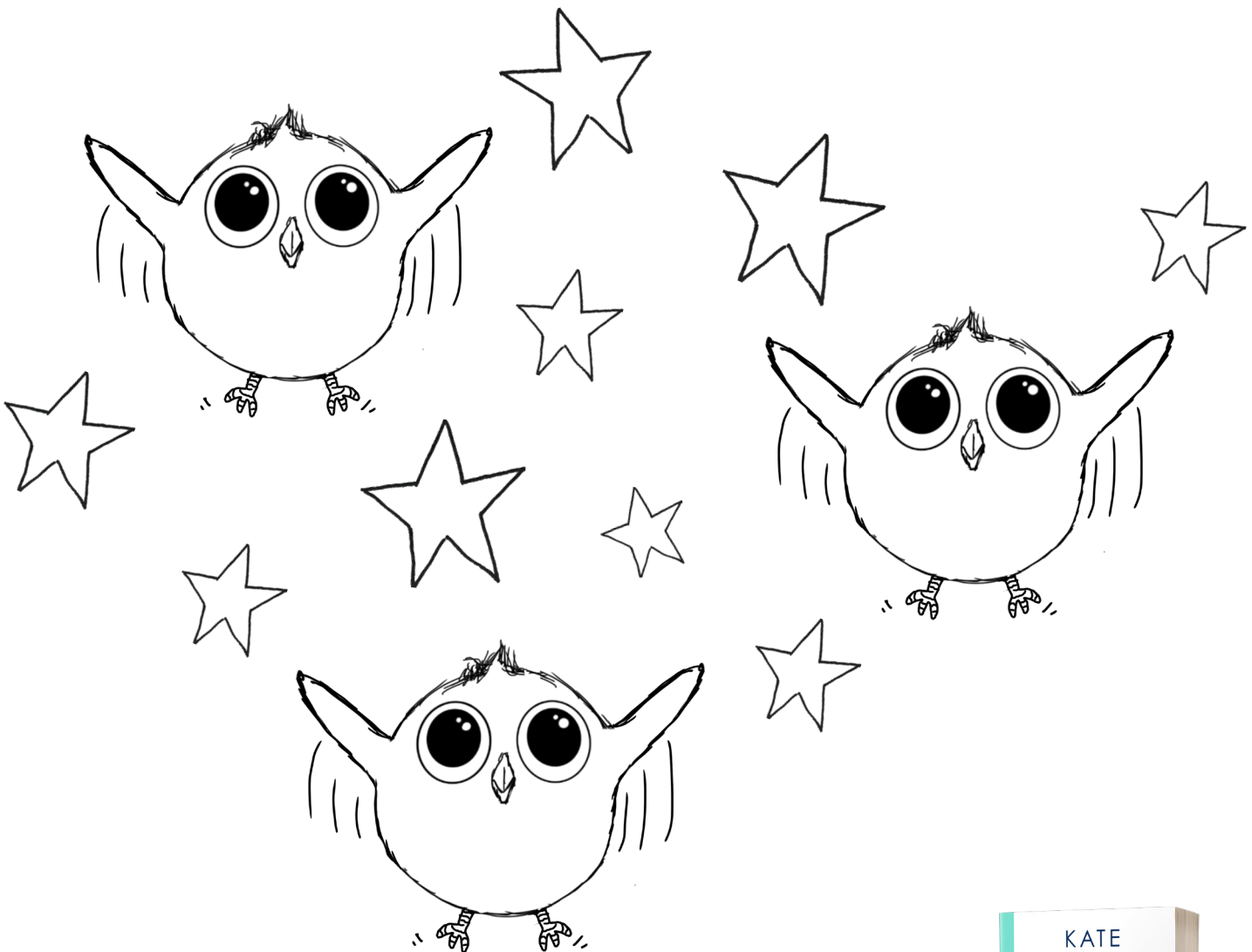
REMEMBER:

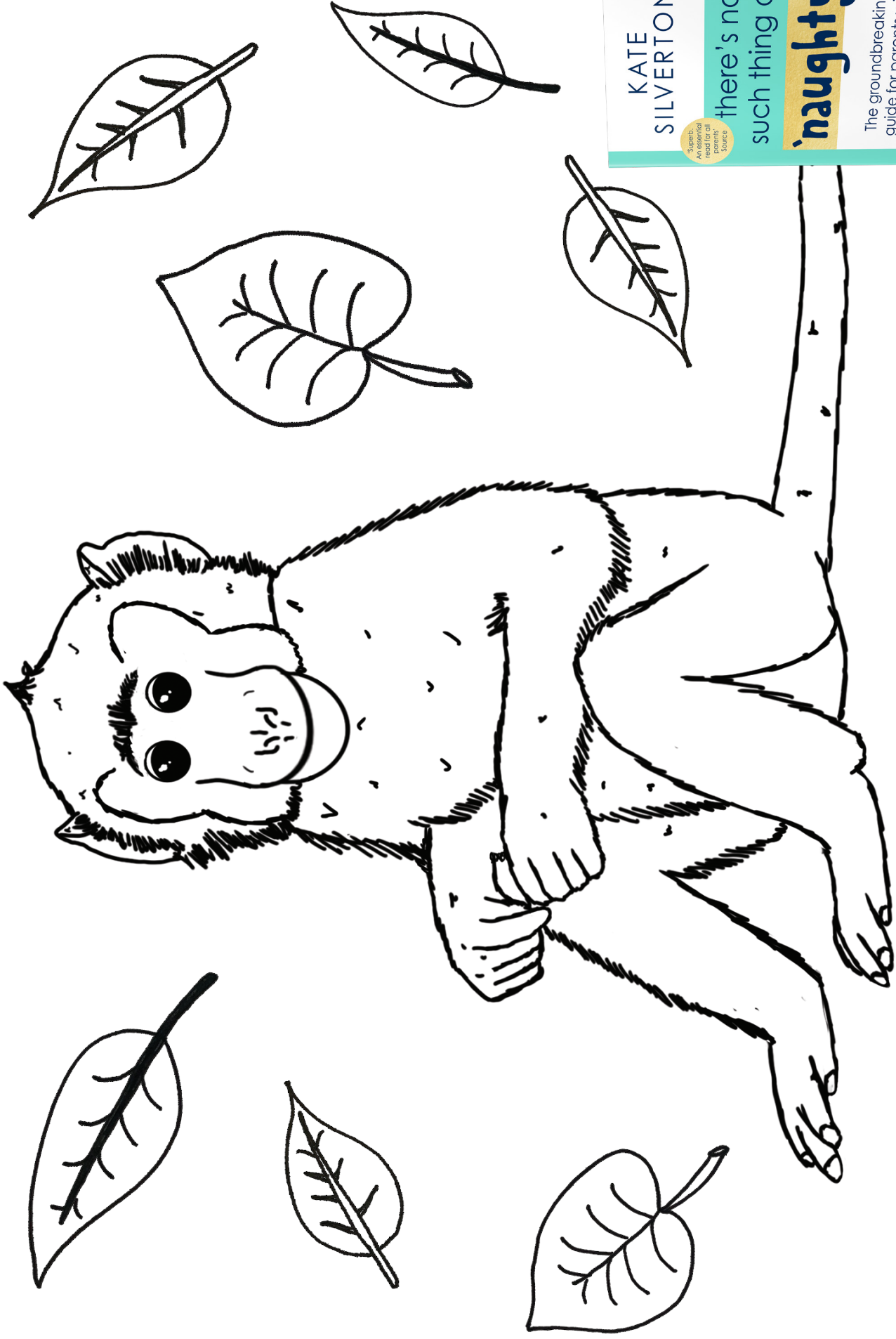
1. Behaviour IS communication.
2. Our children might not always have the words to say how they feel. Using Code Red can give them a means to do that.



Get active

How many star jumps can you do?





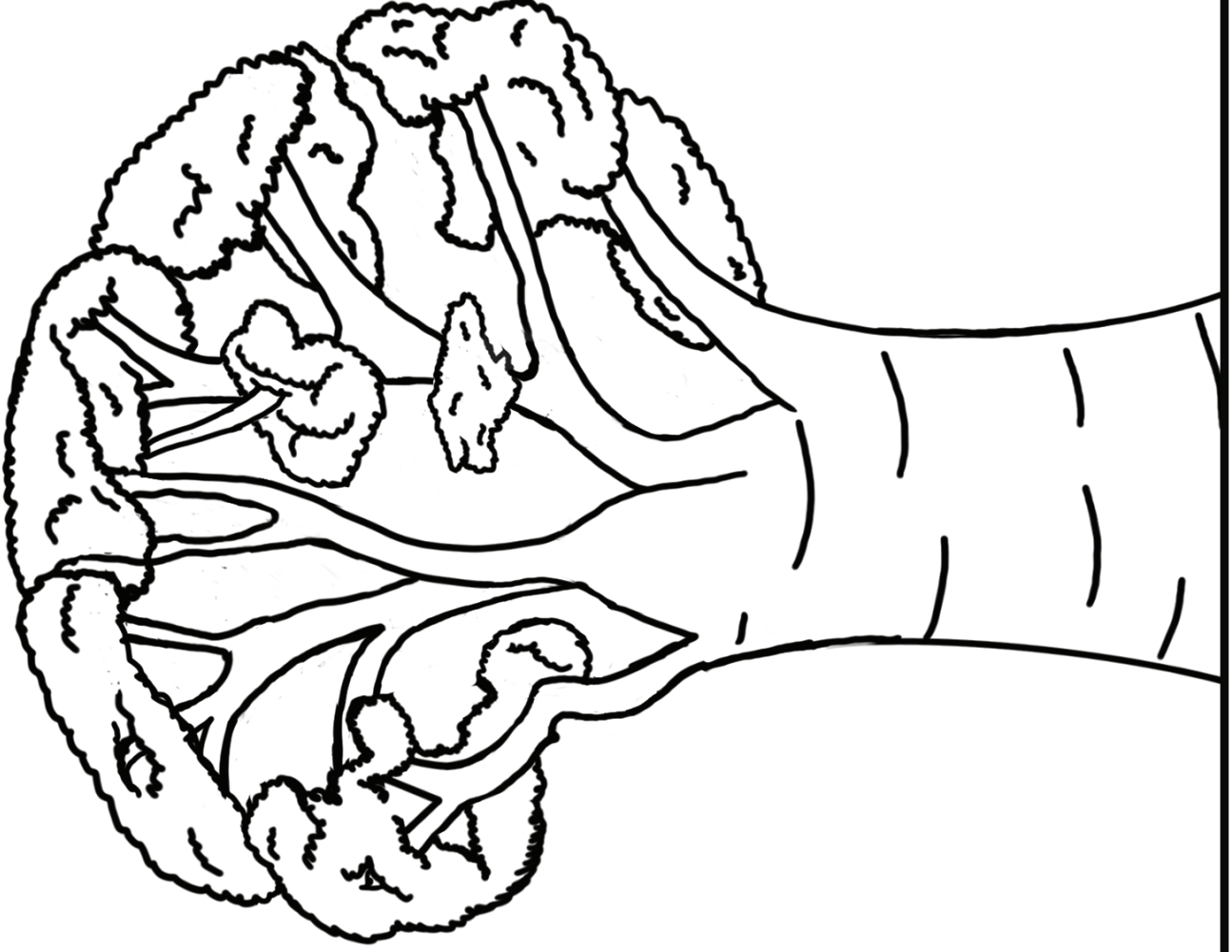
KATE SILVERTON

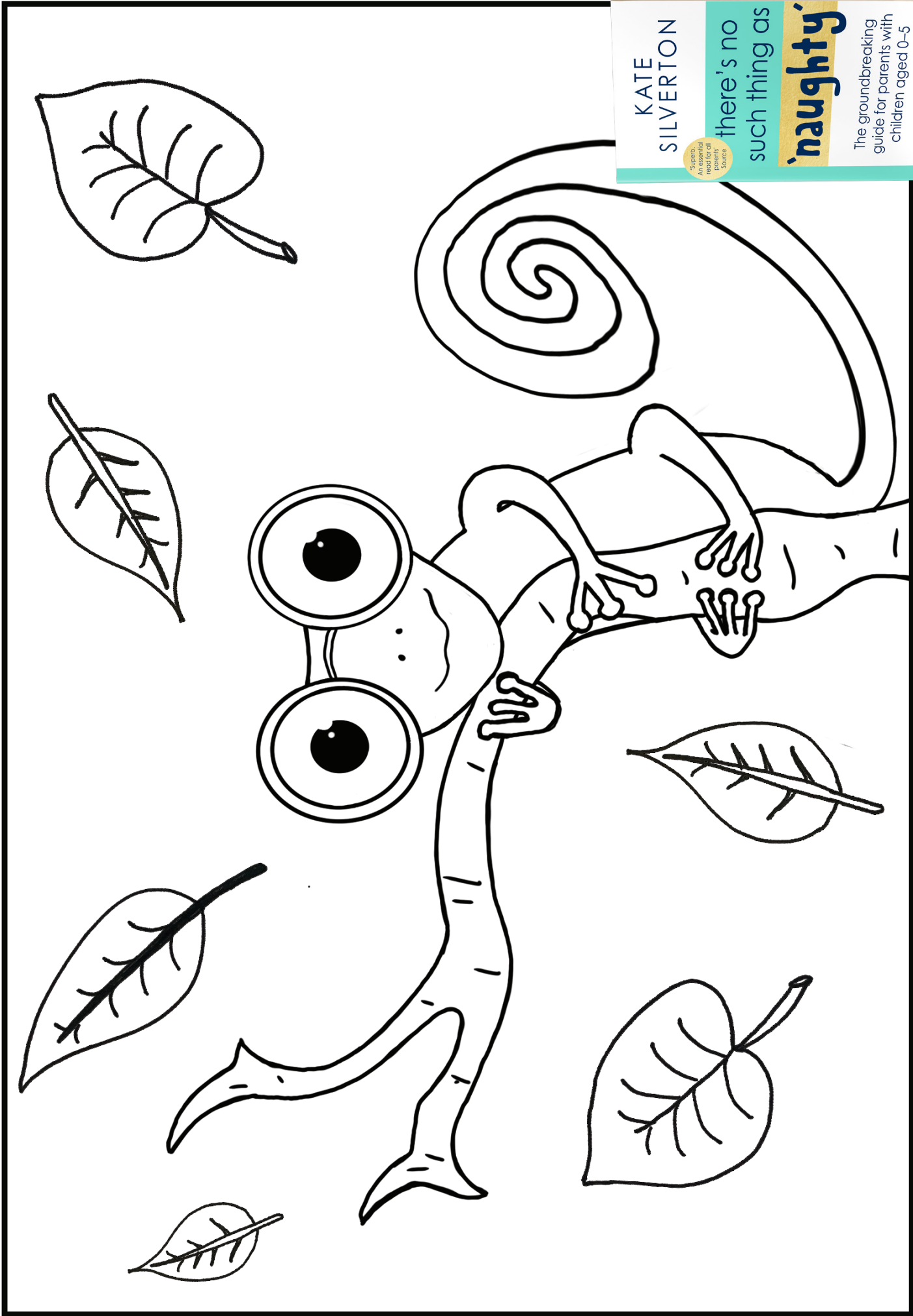
Supports
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